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Montgomery County Road Runners Club

Ins & Outs - October 8, 2021

"We Are Running in Montgomery County"



Dear Members -

After last issue's dissertation, I'm going to be fairly brief in today's installment.

In the wake of the devastating news about the Marine Corps Marathon, we pulled off the 2021 **Parks Half Marathon**.

Congratulations to the 1,125 finishers -- we are so proud of you & thank you all for helping to make our event successful, especially the hundreds of volunteers & team captains.

This was a pivotal year for Parks - we "came back" after losing a year to the pandemic. But more importantly, it was Race Director **Don Shulman's** "last year" (or so he thinks). He conducted his last race without fanfare. And knowing him the way I do, he's perfectly OK with quietly moving into race directing retirement without recognition. But that's not OK with me.

Don and my relationship has been one of many phases. We've been Speed Development Co-Coaches. I served him as Section Two lead for several years at Parks. I worked for him in my current role when he was President ("Chief," as I called him) of the MCRRC Board. He's loved my dogs. He's brought treats to my kids. He's called me "the voice of reason" (which I'm really not sure I deserve). But above all else, he is my friend and I absolutely adore him.

Don would give you the shirt off his back and all who know him can attest to that. He's an amazing person, volunteer, husband, father, grandpa and friend. Personally, I'm thankful to have him in my life and professionally, honored by the spirit of volunteer he's demonstrated through MCRRC. His service as Race Director will be sorely missed. Thank you, Chief, for everything you have done for Parks.

With that, we are excited to welcome **Kiki Li** as she steps into some very large shoes. I can't wait to see how she puts her own personal touches on this race. We know she will do a great job and we hope that many of Park's longtime volunteers are there to support her with their breadth of knowledge and experience. So please join me in welcoming Kiki! You have a pretty great organization behind you.

Have a great weekend, MCRRC!



Ashley Zuraf
Executive Director

Upcoming Races & Race News

October 17th - XC on the Farm - Registration is OPEN! Check out [our website](#) for more information.

November 7th - Rockville 5K/ 10K - Registration is OPEN! Check out [our new website](#) for more information and to register.

November 13th - Stone Mill 50 Mile - Registration is OPEN! Check out [our new website](#) for more information and to register.

November 20th - Run Under the Lights - Registration is OPEN (and almost full)! Check out [our new website](#) for more information and to register.

November 27th - Turkey Burnoff - permit & registration pending.

December 5th - Seneca Slopes - permit & registration pending.

December 12th - Jingle Bell Jog - permit & registration pending.

Editor's Note: *This may not be an all-inclusive list of races and events, but a place to feature those with 'news' such as a permit being granted or a registration opening. As we move on in our permitting processes, more events will be added to this listing. The most up-to-date information can always be found on [our website](#) under "Races."*

Member Spotlight: JONELLE (JONI) DRUGAN

Charmed!

Inspiration to keep going and overcome challenges is all around us. It can come in the form of associations we make with people, places, conversations, words, patterns, and even mundane things. As Jonelle (Joni) Drugan comes back from a serious ankle injury, it is easy to derive inspiration from her positive outlook. For her own sources of inspiration, one may say she's charmed - from the BOP support she receives to the gear she wears! Joni works as a Policy Analyst for the National Institutes of Health and lives in Montgomery Village.

Age Group: 50-59

What motivates you to run?

Fitness

When did you get started running?

A friend of mine convinced me to get a Fitbit and I couldn't match her daily steps by just walking. I needed to start running so I could keep up.

What do you enjoy most about being a part of MCRRC?

The people, especially the Back-of-the-Pack (BOP)

What is your favorite MCRRC Training Program?

The First Time Marathon program (FTM)

What is your favorite MCRRC Low-Key race?

Riley's Rumble

What is your favorite volunteer position?

Depends on the race. I've had great and not so great experiences with course marshaling and with handing out water.

Who is your favorite coach, mentor or source of inspiration?

Kimberly Dinn (first FTM coach), Steve Ferguson, and Travisha Gunter

What's your preferred race distance?

26.2 miles

What was your best race experience?

Maine Marathon in 2019. I PR'd by something crazy like 40 minutes. It was a perfect day and everything came together.

What was your worst race experience?

Oh, there's been so many (joking!). But I've learned from all of them.

What's the hardest race you've ever run?

2017 Marine Corps. I had run Chicago two weeks prior, it was hotter than blazes, and I ended up dropping out because I knew I wouldn't beat the bridge.

What's the strangest thing that you've seen in a race?

In a race? That's a good question. I've seen some strange things on training runs (a pair of underwear, a dead fish in the middle of Rock Creek trail).

What is your favorite running gear?

My shoe jewelry. My 26.2 charm that I bought before the 2016 MCM inspires me. My turtle charm makes me smile.

What is your favorite running spot in Montgomery County?

Candy Cane City south to the Zoo and back or CCT to Union Station.

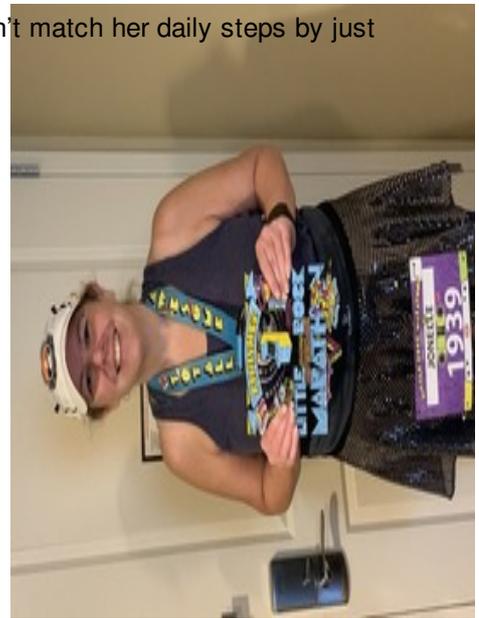
What running goal(s) do you have?

I'm recovering from a trimalleolar fracture (Google it, it's as bad as it sounds) and need to get my pace back to where I can run a marathon in under 7 hours. I will get there. I've made considerable progress from not running at all to being able to walk/run 13.1 miles.

What else would you like to share that would help people better understand your personal running story?

You are a runner if you say you are! It doesn't matter what your shape, weight, or pace is.

MCRRC Would Like to Spotlight Our Members! All of our members have a story about their running journey and what motivates them to run. We would like to spotlight your story or the story of another great member you know using MCRRC's various communications platforms.



Our vision is to celebrate the diverse stories and voices of our membership (race, national origin, religion, sexual orientation, gender identity, ability, etc.).

To submit your story, go to the form [MCRRC Member Spotlight](#).

Training Tracks: WINTER MARATHON PROGRAM (WMT)



If you noticed that AMT is now WMT, then you have a great attention to detail! In order to provide the best service for the most members, we've done some revisions. Read on from co-director Donald Chung for all the goods...

The **Winter Marathon Training (WMT) Program** is geared toward helping runners continue running outdoors through the winter months. Previously, the program had been called the "Advanced Marathon Training" or AMT program. That name suggested something far more competitive than the true nature of the program. The WMT program is open to experienced runners as well as new runners who are able to run at least 10 miles.

This winter program is more relaxed. Winter is when the air is fresh and crisp and the road and bike trails are least busy. The WMT Program runs a variety of interesting routes. There is a route that goes through Wheaton Regional Park and Brookside Garden. There are routes that pass through the National Zoo. There are routes that finish in Bethesda, allowing participants to enjoy breakfast and hot coffee. During the holidays, there is an evening run on the hills that loop the Mormon Temple providing a photo opportunity under 200,000 festive holiday lights.

Even when it snows, many of our running routes, including Beach Drive and the Capital Crescent Trail, are well maintained and plowed by the county. Although winter running is more relaxed, the benefit of running year-round is undeniable. Many runners have run Personal Records (PRs) and Boston Qualifying times (BQs) in spring marathons.

The purpose of the name change is to make the program name more inviting. If you are interested in a winter marathon training program, we would love to have you run with us.

Registration is OPEN!

More details: <https://mcrrc.org/training-programs/winter/winter-marathon-program/>

Registration: <https://runsignup.com/Race/MD/Rockville/MCRRCAAdvancedMarathonTraining>

We hope to see you this winter!

Training Tracks will feature MCRRC's training programs and weekly workouts, whether it be to highlight a registration opening, the start up of a new workout or simply to share photos & fun stories that happen out on the trail. Please contact office@mcrrc.org with any questions or have

your run featured in this space.

Cadence

Indigenous Peoples' Day

We recognize the indigenous and formerly enslaved peoples who were displaced from or trafficked to this land. In addition, we acknowledge the land on which we run by showing our gratitude and respect for the trails and roads.- [MCRRC Values Statement #6](#)

On Monday, October 11, Montgomery County [officially recognizes](#) Indigenous Peoples' Day. We take this opportunity to reflect on the MCRRC Values Statement on land acknowledgement quoted above.

The land we run on is filled with stories - its history of ownership, migration, trafficking, conflict, and progress. The land of present day Montgomery County is most closely associated with the Nacotchtank Tribe who lived on what is now the Maryland side of the Potomac River. According to the [Full Land Acknowledgement by Bethesda-based Imagination Station](#), the encroachment of English colonists began in the early 17th century. This resulted in conflict and spread of foreign diseases for which the Nacotchtank people had no immunity, and their population declined. To survive, the tribe sought protection from the Piscataway Chiefdom, and the remaining Nacotchtank members were absorbed into the greater Piscataway Tribe. The University of Maryland Land centers the legacy of the Piscataway People in their [Land Acknowledgement](#)

The running community increasingly recognizes the importance of land acknowledgements. The Boston Athletic Association (B.A.A.), for example, [recently announced](#) that they will be making a land acknowledgement prior to the start of the Boston Marathon on Monday. The announcement came after B.A.A. apologized to the Indigenous and Native Community, who felt unheard or feared the event would take away from the importance of Indigenous People's Day.

With the growing runner population and expansion of running events, it is clear we can no longer ignore the physical and temporal space our community uses or how that impacts other communities.

As your feet hit the pavement or dirt this weekend, we encourage you to reflect upon Indigenous Peoples' Day and pay respect to the known or unknown tribes who faced violence, displacement, migration, and settlement on the land you run on. By understanding the indigenous history of where you run everyday, you can [build a connection](#) to the people who shared the land before our time, and raise awareness of histories that are forgotten or intentionally suppressed. People who reflect in this space will often come away with a deeper sense of gratitude, wherever they live or run.

As we continue to roll-out the newly adopted [MCRRC Values Statement](#), we invite you to join our conversations, and/or suggest an idea for a future I&E discussion. Please reach out to diversity@mcrrc.org.

Competitive Racing Team Results

By: Nicolas Cruzier

Here are the team's results:

Annapolis Striders Metric Marathon -- 2021-10-03

Kevin Camp 1:50:32.59 (Gender rank: 3rd of 33, **Overall rank: 3rd of 59**)

Laura Ramos 2:02:12.85 (**Gender rank: 1st of 26**, Overall rank: 9th of 59)

Fall Backyard Burn Trail Run - Pohick Bay -- 2021-10-03

Sarah Flynn 48:29 (Age group rank: 1st of 32, Gender rank: 3rd of 103, Overall rank: 8th of 163)

Tiger Trot 5K -- 2021-10-03

John Ladesic 17:05 (Gender rank: 1st of 68, Overall rank: 1st of 208)

Black Hill 10K -- 2021-10-02

Chris Shaw 40:57 (Age group rank: 1st of 5, Gender rank: 1st of 35, Overall rank: 1st of 51)

David Storper 41:51 (Age group rank: 2nd of 5, Gender rank: 2nd of 35, Overall rank: 2nd of 51)

Erin Kelman 43:23 (Age group rank: 1st of 8, Gender rank: 4th of 35, Overall rank: 4th of 51)

Kristen Kelman 48:19 (Age group rank: 1st of 2, Gender rank: 1st of 16, Overall rank: 6th of 51)

Mark Adams 51:48 (Age group rank: 1st of 4, Gender rank: 9th of 35, Overall rank: 10th of 51)

Weiquan Zhou 55:10 (Age group rank: 3rd of 4, Gender rank: 13th of 35, Overall rank: 14th of 51)

National Capital 20 Miler -- 2021-09-26

Silvia Baage 2:11:08 (Age group rank: 1st of 8, Gender rank: 1st of 26, Overall rank: 5th of 59)

Parks Half Marathon -- 2021-09-26

Chris Sloane 1:11:06 (Age group rank: 1st of 80, Gender rank: 1st of 635, Overall rank: 1st of 1123)

Nicolas Crouzier 1:13:07 (Age group rank: 2nd of 80, Gender rank: 4th of 635, Overall rank: 4th of 1123)

Shlomo Fishman 1:16:09 (Age group rank: 5th of 23, Gender rank: 10th of 635, Overall rank: 10th of 1123)

Adrian Spencer 1:18:47 (Age group rank: 4th of 80, Gender rank: 13th of 635, Overall rank: 13th of 1123)

David Storper 1:19:48 (Age group rank: 1st of 102, Gender rank: 16th of 635, Overall rank: 16th of 1123)

Stephen Varney 1:19:55 (Age group rank: 5th of 80, Gender rank: 18th of 635, Overall rank: 18th of 1123)

Hasan Hobbs 1:20:45 (Age group rank: 2nd of 102, Gender rank: 19th of 635, Overall rank: 19th of 1123)

Taylor Williamson 1:24:21 (Age group rank: 11th of 80, Gender rank: 32nd of 635, Overall rank: 32nd of 1123)

Jim Dahlem 1:25:56 (Age group rank: 4th of 121, Gender rank: 33rd of 635, Overall rank: 34th of 1123)

Kevin Camp 1:26:21 (Age group rank: 5th of 39, Gender rank: 34th of 635, Overall rank: 36th of 1123)

Robert Palmer 1:26:24 (Age group rank: 3rd of 102, Gender rank: 35th of 635, Overall rank: 37th of 1123)

Gene Park 1:26:39 (Age group rank: 3rd of 90, Gender rank: 37th of 635, Overall rank: 39th of 1123)

Kristen Galligan 1:26:53 (Age group rank: 1st of 23, Gender rank: 3rd of 488, Overall rank: 41st of 1123)

Brian Murphy 1:27:11 (Age group rank: 13th of 80, Gender rank: 39th of 635, Overall rank: 42nd of 1123)

Michelle Miller 1:27:17 (Age group rank: 1st of 95, Gender rank: 4th of 488, Overall rank: 43rd of 1123)

Alex Booth 1:29:28 (Age group rank: 8th of 39, Gender rank: 46th of 635, Overall rank: 51st of 1123)

Erica Singleton 1:32:41 (Age group rank: 1st of 72, Gender rank: 7th of 488, Overall rank: 65th of 1123)
Cindy Conant 1:33:30 (Age group rank: 1st of 25, Gender rank: 8th of 488, Overall rank: 70th of 1123)
Roman Gurule 1:34:21 (Age group rank: 9th of 102, Gender rank: 69th of 635, Overall rank: 78th of 1123)
Marty Horan 1:34:52 (Age group rank: 2nd of 39, Gender rank: 70th of 635, Overall rank: 79th of 1123)
Argaw Kidane 1:36:09 (Age group rank: 6th of 79, Gender rank: 78th of 635, Overall rank: 89th of 1123)
Meg Ryan 1:39:38 (Age group rank: 2nd of 95, Gender rank: 17th of 488, Overall rank: 131st of 1123)
Weiqun Zhou 1:39:42 (Age group rank: 5th of 39, Gender rank: 115th of 635, Overall rank: 132nd of 1123)
Mark Adams 1:41:16 (Age group rank: 6th of 39, Gender rank: 129th of 635, Overall rank: 150th of 1123)
Melissa King 1:42:31 (Age group rank: 4th of 23, Gender rank: 23rd of 488, Overall rank: 164th of 1123)
Laura Ramos 1:46:21 (Age group rank: 5th of 95, Gender rank: 33rd of 488, Overall rank: 226th of 1123)
Alexandra Amidon 1:48:20 (Age group rank: 6th of 46, Gender rank: 39th of 488, Overall rank: 256th of 1123)
Bill Loomis 1:48:48 (Age group rank: 6th of 30, Gender rank: 226th of 635, Overall rank: 266th of 1123)
Andrea Marchesotti 1:53:44 (Age group rank: 8th of 84, Gender rank: 70th of 488, Overall rank: 357th of 1123)

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Montgomery County Road Runners Club
P.O. Box 1703
Rockville, Maryland 20849
US

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