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## Montgomery County Road Runners Club

### Ins & Outs - November 5, 2021

*"We Are Running in Montgomery County"*



Dear Members -

Happy Friday!

I hope you all had a great Halloween! It was a very busy weekend for me from hosting 10 little t-ballers & their families in my backyard on Saturday, then another dozen kids for Halloween pizza and trick or treating on Sunday. The end result of all this was my catching a little cold on Monday, which may have likely been the result of exhaustion!

The club, on the other hand, may have seemed a little quiet as we head into the end of 2021. But it's been everything but quiet behind the scenes...

Many of you are looking forward to the Rockville 10K/ 5K this Sunday and it's is a very important event for our 5K and 10K Programs as they draw to a close with this goal race. These programs attract a certain degree of beginning runners and for some, may be their first 5K race. Best of luck to all of you! Trust your training, trust your coaches, and go after it! I look forward to seeing some of the highlights this coming week on social media.

Run Under the Lights is officially SOLD OUT! But remember -being a volunteer STILL provides you with the rare chance to see the lights on foot. So just adjust your plans & [signup to volunteer](#) instead!

Registration is still open for Stone Mill 50, for all you crazy long-distance trail runners (which is said with love) and rounding out the year is Turkey Burnoff, Seneca Slopes & Jingle Bell Jog. See the listing below for more information on those. Volunteers will be needed in all capacities, so take advantage of the last volunteer opportunities of the year.

Our Annual Budget Meeting will take place in a virtual format again this year, similar to that of 2020, which means we will not gather after Jingle Bell Jog. Stay tuned for more details from the board.

Finally, thank you for your patience as we get ready for 2022. Our Race Committee is hard at work to finalize our 2022 race calendar and we do hope to get that online soon. Registration has opened for both the Winter Marathon Program and Speed Development. Updates should follow soon for the other winter programs. A great deal of work takes

place behind the scenes to accomplish all of these tasks and we appreciate your patience while the volunteers and staff tackle them all.

Have a great weekend, MCRRC! I'm putting my tree up. Don't judge me!



Ashley Zuraf  
Executive Director

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## Upcoming Races & Race News

**November 7th - Rockville 5K/ 10K - Registration is still 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 CLOSED, but volunteers are still needed. Check out [our website](#) for more information!

**November 27th - Turkey Burnoff - Registration is OPEN for non-members!** Check out [our website](#) for more information and to sign up to volunteer. For more information on member bibs & chips, please [click here](#).

**December 5th - Seneca Slopes** - *Registration opening soon!*

**December 12th - Jingle Bell Jog** - *Registration opening soon!*

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**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."*

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## Member Spotlight: Pankaj Mendiratta

### ***Together We Go Far***

It takes personal persistence and consistency to show up and work towards your goals, but Pankaj Mendiratta has found that group support has taken him farther and made him stronger than he could have imagined. As "Coach PJ," an experienced 8K and 10K pace coach, Pankaj shares his personal growth and joy of running with other members. His inspiration and motivation come from the people that surround him, including his wife who first got him into running and his MCRRC friends who show up to run on New Year's Day. It is evident that Pankaj's forward momentum in life is driven by his belief that "together we go far." We hope you find as much joy from those you run with as he does!

*Age Group:* 40-49

*Where do you live?*

Potomac, MD

*What is your day job?*

Information Technology

*Other than running, what are your talents and/or hobbies?*

Music, Spinning & spending time with my boys

*What motivates you to run?*

I have been a pace coach for the Spring 8K/10K and Fall 10K program for past few years. It motivates me to give my best, make running fun for everyone around me, look forward to meeting new people on new trails and if I can make a difference for someone I am running along with.

*When did you get started running?*

I started running in 2013, all thanks to my lovely wife Nidhi. We had our youngest in early 2013 and she wanted to get back to running/exercising to shed off any gains during pregnancy. I wanted to support her in that endeavor and started running in a group setting. My belief in "together we go far" after my first 8k Program got stronger and has kept me going ever since then.

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

I enjoy running in a group setting and conversations with fellow runners, which became even more clear to me post-pandemic. I loved each and every bit of in-person runs after being away from it for 15 months.

*What is your favorite MCRRC Training Program?*

Both programs where I am a pace coach, Shout out to Shirley/Sandra & Connie/Vicky !!! They all are simply awesome.

*What is your favorite low-key MCRRC race?*

My favorite one would be New Year's 5k. Ever since I did the first one, I have tried my best to do it every year. What a great way to start off your new year with something I love doing; it sets the tone for the rest of the year. After being a club member for a few years now, it's a pleasure to see so many familiar and friendly faces. It's an extension of my New Year's Eve celebrations now.

*What is your favorite volunteer position?*

Water Stop

*What's your preferred race distance?*

10K

*What was your best race experience?*

My first and only Parks Half Marathon earlier this year

*How do you reward yourself after a hard workout?*

Hot shower and a nap....

*What is your favorite running spot in Montgomery County?*

Lake Needwood and Capital Crescent Trail

*What else would you like to share that would help people better understand your personal*



### *running story?*

My personal mantra sums it up really well: If you are persistent, you will get it; if you are consistent, you get to keep it. It's true for so many goals we set in life and running has cemented this for me. Believe in yourself, and you can do it!

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***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](#).

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## **Training Tracks: SPEED DEVELOPMENT**



Speed Development is back! After a year of virtual runner development, we are back with the same successful program that has led to countless PRs over the past 20+ years. We start on 1/8/2022 and finish with Pike's Peek on 4/24/2022.

The Program is designed for motivated runners of ANY pace. Our participants run the spectrum from sub 40 minute 10kers to first time finishers. The goal is to become a faster, stronger runner. We target both the Pike's Peek 10k and the Cherry Blossom 10 miler, but you can use the training for other spring races as well. We provide different levels of difficulty to challenge both the beginner and experienced runner. You will be placed at the appropriate level based on your previous running experience.

We provide a structured approach to allow you to peak for late spring races. The workout intensities will be based on your own fitness level, developed from your recent race times and training volume. We provide three levels and multiple pace groups to meet your specific training needs. You will be assigned to a level based on your current weekly mileage and long run.

We meet twice per week and do a long run and speed work on the track. You will also be assigned a third workout to do on your own. Participants will meet Saturday mornings at 7:30 AM for long run, which take place at various locations, as well as on Tuesday evenings at 6:30 PM at the Gaithersburg High School track.

And if you think the runners in the photo look cold, they absolutely are. Which is more reason to consider joining Speed Development this year. You are going to need some motivated training partners to get you off the couch and out to do your runs. Check us out today!

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## PUB RUNS



Just a reminder, we are going strong with our newest weekly pub run at True Respite. This is year round, so grab your headlamps and meet us at True Respite Brewing **TONIGHT** (and every Friday) for a run, some good beer, and some really great company.

It's the perfect shake out for Rockville 5k/10k or a way to get miles in if you're volunteering Sunday :)

Here are the details:

True Respite Pub Runs

Time: 6:00pm every Friday

Place: True Respite Brewing Company 7301 Calhoun PI #600, Derwood, MD 20855

Overview:

The True Respite Pub Run group meets at True Respite Brewing Company at 6pm every Friday for a 3 or 5 mile run out and back from the brewery. The run is followed by a few pints in the taproom and some great company with your fellow runners. All paces are welcome.

A few options for routes based on weather, sunset, and if you want trail or road:

3 Mile Loop - <https://www.strava.com/routes/2876542707450066756>

5 Mile Loop 1 - <https://www.strava.com/routes/2876542009045541004>

5 Mile Loop 2 - <https://www.strava.com/routes/2871034722544460290>

Put this regular run on your calendar and I hope to see you out there for a beer.  
Cheers!

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*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](mailto:office@mcrrc.org) with any questions or have your run featured in this space.*

## ***The Beat from MCRRC's Inclusion and Equity Committee***

### *Maintaining DEI Momentum*

As we begin to emerge from the pandemic and MCRRC's in-person training program cycle begins to taper, it's a good time to check in on the status of diversity, equity, and inclusion (DEI) efforts in our community and the greater running industry.

MCRRC has taken a big step in discussing how DEI can be integrated in strategic planning for 2022. We've considered how intentional outreach efforts to diverse groups and organizations contribute to our primary goal of regrowing club membership. We are also looking at ways to ensure that all runners and walk/runners feel welcome in the club and are able to access clear pathways for growth, both in terms of personal fitness and ways to give back to the club.

Over the last two years, Road Runners Club of America (RRCA), our club's national affiliate, has also made great strides in advancing DEI conversations in the sport of running. During their in-person conference held in April, RRCA hosted a panel discussion entitled "[Empowering Everyone to Run: A Conversation about Diversity, Equity, and Inclusion](#)." The conversation outlined important concepts and focused on the challenges faced by non-white runners and opportunities to collaborate with running clubs/groups that appeal to BIPOC runners. A recording of the panel discussion can be viewed [here](#).

Two more running conferences this year will feature DEI discussions. The [Road Race Management conference](#) will be held from November 15 - 17 in Hollywood, FL. Former MCRRC president, Jean Arthur, will be facilitating a panel on Diversity and Workplace Best Practices. At the end of November in Austin, TX, The [Running Event 2021 Conference](#) will feature a panel called "The Future of Running is Diverse." It will be presented by the [Running Industry Diversity Coalition \(RIDC\)](#). The RIDC is a newly formed coalition of running brands, running retailers, and runners representing Black, Indigenous and people of color (BIPOC).

In the coming year, it will be important for our club and the entire running community to carry the lessons learned over the last two years as the sport settles into its new normal. By maintaining DEI momentum and listening to the voices driving it, we can ensure the sport will be stronger and better than ever.

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*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](mailto:diversity@mcrrc.org).*

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## **Competitive Racing Team Results**

*By: Nicolas Cruzier*

Here are the team's results:

### **Flying Pig Marathon -- 2021-10-31**

Shlomo Fishman 2:46:27 (Age group rank: 9th of 134, Gender rank: 18th of 1095, Overall rank: 19th of 1611)

### **Chessie Trail Marathon -- 2021-10-30**

Kevin Camp 3:09:29.21 (Gender rank: 2nd of 31, **Overall rank: 2nd of 48**)

### **Seawitch Fall Half-Marathon -- 2021-10-30**

Cindy Conant 1:33:42 (**Gender rank: 1st of 44**, Overall rank: 11th of 91)

**parkrun College Park -- 2021-10-30**

Alexandra Amidon 22:46 (Gender rank: 2nd of 69, Overall rank: 13th of 137)

**parkrun College Park -- 2021-10-23**

Cindy Conant 20:55 (Gender rank: 1st of 66, Overall rank: 18th of 141)

Alexandra Amidon 21:06 (Gender rank: 2nd of 66, Overall rank: 20th of 141)

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**Stay Informed!**

Be sure to "like us" on [Facebook](#) & follow us on [Twitter](#) and [Instagram](#) to keep up on all the latest club news!

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