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Montgomery County Road Runners Club

Ins & Outs - December 5, 2021

"We Are Running in Montgomery County"



Dear Members -

Happy Sunday!

You might be wondering why you're receiving Ins & Outs on a Sunday. The end of the year is a very busy time administratively, at MCRRC. As we work on things like closing out the year and the next year's budget, I'm also working on permitting for the next year's races and re-tooling any processes that need fixing or updating. Permitting is *not* for the faint of heart - but on Friday, I was on a roll and that needed to take precedent.

Quite simply, there is a lot going on. Winter programs are all open for registration and we are fully back in person with our standard offerings. If you need the motivation to keep up (and even improve) your running during the cold winter months, you came to the right place. Speed Development, the Winter 5K, Half Marathon, Marathon and Winter Trails are all looking for participants! Check them out on our website under "Training."

As a reminder, we will have new bibs & chips for members in 2022. There will be a new signup which will open in mid-December following our last race of 2021, Jingle Bell Jog, so keep an eye out for a notification about that. Everyone who plans to attend the New Year's Day race should plan to sign up for a new 2022 bib before 1/1.

The website now shows dates for our 2022 races; however, please note that all details are subject to change. I am only just starting to update these pages with things like race director changes, location changes, etc. and some details are still being worked out behind the scenes. We appreciate your patience! Additionally, we are still very much in a pandemic and it's still affecting things across the board. Permits and registrations are still operating behind our typical schedule, but as always we are doing our best.

If you chose to defer your Pike's Peek registration from 2020, you will receive instructions on how to re-register once we are in a solid place with our permitting & planning and are able to open registration. Stay tuned for more information as we work through our logistics.

Please Save the Date for our annual Budget Meeting will take place in a virtual format again this year, similar to that of 2020. The webinar will take place over Zoom on

Thursday, December 16th. Taking part in the budget vote is an important part of your membership and we do need at least 50 members in order to pass the budget. Please consider adding this important date as a hold on your calendar. More details will be released following Thanksgiving.

Finally, thank you & congratulations to Danny Talmage and Chuck & Michele Potter for another great Turkey Burnoff & Seneca Slopes. We appreciate all who came out to support them and the club. We have one race remaining for 2021 and hope to see you all at Jingle Bell Jog!

Have a great week, MCRRC!



Ashley Zuraf
Executive Director

Upcoming Races & Race News

December 12th - Jingle Bell Jog - 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](#).

January 1st - New Year's Day 5K - location & permits pending

Member Spotlight: GILLIAN PETRO

Running as a Life Project

Many runners tend to be goal-oriented. Their path forward can be broken down into short-term, near-term, long-term, and lifelong goals. For Gillian Petro, these goals are her projects which keep her fulfilled and allow for growth. One could say that sprinting to Five Guys before it closed to finish an 18-mile long run was a meaningful learning experience that proved she could accomplish anything when she puts her mind to it! While she's still searching for her favorite distance, she's enjoying the scenery and camaraderie that running has to offer. Gillian has many goals that she is working toward throughout her life project of running, and we are excited to hear more about the creative ways she achieves them.

Age Group: 30-39

Where do you live?

Silver Spring, MD

What is your day job?

Technical Writer

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

I enjoy singing and directing the choir at my church.

What motivates you to run?

I am a much happier person when I have projects in my life, and running is an ongoing project. It's good for my mental and physical health, and there is so much room for growth! Plus, it's a good excuse to travel. :)

When did you get started running?

My first foray into running was summer 2011, when I graduated college and wanted to find an inexpensive way to get some exercise. I had never liked running, but decided that since the only upfront cost was a pair of shoes, I'd give it a try. I discovered that some slower, meditative miles were actually enjoyable, unlike the mile sprints in gym class and quarter-mile uphill sprints to the bus stop in high school. These were my primary experiences with running up to that point. From that summer on, I'd run consistently for a few months until life circumstances interrupted my groove for months or years at a time.

I started running again consistently in the summer of 2019. I was looking for a project that didn't have downsides, and I decided that running a 5k race would fulfill that criteria. Regular endorphins from training, a guaranteed PR, and if for some reason I didn't finish the race, a portion of the registration fee would still go to charity, so it would be a win all around. It seemed like a no-lose scenario, and I've been running ever since.



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

I've enjoyed the camaraderie and the chance to meet other runners. Although I generally enjoy the silence and solitude of running on my own, I have never enjoyed speed workouts, so it helps to have people around to distract me from the pain. Otherwise, I might skip the speed part of the workout. Also, on some of the really long FTM training runs, it has been helpful to have friends beside me to take my mind off things.

What's your preferred race distance?

Honestly, I'm not sure yet! I feel like I need to try a few more of everything before I decide. I think that the overall race experience counts more for me than the particular distance.

What was your best race experience?

I really enjoyed the Valkyrie Trail Half Marathon that I ran this year over Memorial Day weekend. My husband has a lot of friends in Colorado, so we used the race as an excuse to take a vacation there. The race started at about 6,000 feet of elevation in Cheyenne Mountain State Park and went uphill from there. It was a difficult race, but the views were beautiful, and I had such a sense of accomplishment when I finished. It was also pretty unique because it was an all-women's race, which I'd never seen before.

What was your worst race experience?

Probably my first half marathon. I really wanted to finish in under two hours, but I ran over by about 2 minutes and strained some muscles midway through, which made for a pretty unpleasant race. The course also ran short. My Strava/GPS came up at 12.85 miles, and other people were saying the same thing, so I don't think it was a glitch. Unfortunately, that made me feel like I hadn't even really raced a half marathon! It made it feel like pushing through the pain of those strained muscles was for naught. It didn't help that it was more of a flat trail race than a road race, so I had the wrong expectations and the wrong shoes. In retrospect, I would actually run that race again; I'd just have different expectations for it (e.g. different shoes, run for the scenery/experience over time/distance, etc.).

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

Probably the Baltimore Marathon? Although either of the two other races I've described could be considered my hardest for different reasons. But to avoid repetition, I'm picking Baltimore! ;)

Baltimore is pretty hilly, and marathons are loooooong. I was prepared for the hills through mile 20, but when I got to the last 10k and realized there was no way I'd be able to race it with all the additional (smaller) hills, I slowed down a lot. I just wanted it to be over. It definitely didn't help that I went out too fast (about LSD minus 15) and held that for 20 miles. I will say, I have never been as excited to sit down on a porta-potty as I was at mile 20 of that race. I could barely walk by the end, but then my recovery was surprisingly speedy - certainly a faster recovery than for my half marathons. I decided to capitalize on FTM's excellent training and run the Richmond Marathon as well!

How do you reward yourself after a hard workout?

It depends. Sometimes, a nap (though usually a bit later in the day -- delayed gratification). If I'm having a hard time convincing myself to get out the door, sometimes I make the end destination a friend's house or food. I did an 18-miler once that ended at Five Guys, but I underestimated the time the run would take (got a little lost running in a new area), so it ended up being a bit of a sprint by the end. I was afraid they'd close before I got there! :D

What running goal(s) do you have?

I have so many. I would like to improve my times on the shorter distances. Under 25 min for a 5k, under 50 min for a 10k, under 2 hours for a half. But I'm also interested in trying an ultra, and generally, I'd like to run more trails. Sometimes it's nice just to be in nature and put aside the pressure of time goals. Not to mention, my body likes the break from the repetitive motion of road running. I'd also like to try a parkrun with my goddaughter (she's 6 and seems to enjoy running).

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: CONNECT WITH US!



As mentioned above, the end of the year is a really busy time. LOTS of information will be coming out -- be it the standard "registration is open" or "volunteers are needed" messages, or more time-sensitive messages containing details for things like registering for a 2022 member bib & chip or attending the virtual Annual Meeting and voting on the budget. The point is, there are a few ways the club shares such information and it's important that you know how to find it.

The club's "official" communication space is through our groups.io listserve. You may already be part of a groups.io listserve as a participant in any of our training programs. But did you know that MCRRC also has two club-wide forums?

- **MCRRC-Info** - We encourage all members to be subscribed to MCRRC-Info. This is a

moderated listserve used for important announcements only. We don't permit member posts or "reply-all's" in order to be respectful of our members' inboxes. Here you will find updates such as volunteer needs, registration openings, race details, cancellations, or club business.

- **MCRRC-Discuss** - This forum is for our members. Need a ride to a race? Looking for running partners or a new baby jogger? Interested in what your fellow club members think about the cancellation of the Marine Corp Marathon? This is the place for those sorts of things. The group is not moderated, but we do ask members to be respectful to each other and tolerant of differing opinions at all times as well as to keep the topics related to running.

In addition to groups.io, there are a few other ways we are able to reach our members:

- **Ins & Outs** - Well, if you are reading this, you know about Ins & Outs. This is our bi-weekly e-mail newsletter offering a brief "snapshot" into what's happening at MCRRC. To receive the newsletter, you must be a current member with a valid email address. If you have a friend who is not receiving the newsletter, please encourage them to check their spam or reach out to us for assistance!
- **Intervals** - Our long-standing bi-monthly print publication is sent to all current members' (one per household) mailboxes and features member-interest content. While the publication does feature an upcoming list of events, more time-sensitive content is usually held out of Intervals. If you think you are a current member but are not receiving Intervals, please reach out to us.
- **Social Media** - Social Media has become the most efficient way for organizations to reach the community for information & updates. MCRRC utilizes Facebook, Twitter and Instagram (see "Stay Informed" at the end of this newsletter for links to connect). We are pleased to have been able to bring back our important Communications Committee, who are tasked with handling our social media postings. They have done a great job this past year and we certainly hope our members have noticed our increased presence online.
- **MCRRC Website** - We are always looking for ways to improve our website to make it a usable tool for our members & the community at large. Please keep an eye on the "Breaking News" section of [our website](#), as well as our new "[Special Events](#)" [page](#) (information on the Annual Meeting coming soon!)

If you have any questions about connecting with us, need an invitation or need us to look into a problem you are having, please reach out. Weird things happen when computers become such a part of our lives. We may not always have the answers, but we have a great team of folks at our disposal who can sometimes sort out problems. You can reach Ashley at office@mcrrc.org or Terri at operationsupport@mcrrc.org anytime. We are here to help!

We look forward to connecting with you!

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

The Beat from MCRRC's Inclusion and Equity Committee

Tis the Season for Common Ground

During the season of giving thanks, light, and merriment, many of us will have the opportunity to get together with family, extended family, and friends. These are meant to be happy gatherings, but we also know that the joy of reconnecting during the holidays can be disrupted by the discomfort of disagreement or different perspectives. As awkward as these situations can be, finding common ground and a path forward for meaningful dialogue, relationships, and progress will all deepen our understanding of our differences and build mutual understanding for shared growth.

Over the past year, MCRRC's I&E Committee has connected with several local running groups and organizations who are future-thinking about the sport and the running community in general. They have intentionally placed greater focus on their diversity, equity, and inclusion (DEI) efforts, from examining their marketing and outreach efforts to diversify their membership, recognizing how their organization would benefit from more diverse leadership and an inclusive environment, and simply taking the first step of establishing a DEI committee. We are all in different places on this journey, but it is wonderful to simply be included in their conversations to share our knowledge and work, to learn from them, and to explore our collective common ground.

The nature of DEI work requires acknowledgement that everyone involved brings different experiences, perspectives, and ideas for a more inclusive future. For MCRRC, we are optimistic about the foundation we have laid and the lessons learned over the past year. In particular, club leadership has been supportive of investing in DEI as proposed in the 2022 budget. Meaningful dialogue, relationships, and progress in these efforts will require us to find common ground on a vision for the club and, ultimately, make the business case for centering DEI as a way to enhance the running services we already do well, demonstrate our leadership for other running groups in the area, and expand our reach across Montgomery County.

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 Crouzier

Here are the team's results:

Turkey Burnoff 10 Mile -- 2021-11-27

Nicolas Crouzier 54:25 (Age group rank: 1st of 6, Gender rank: 1st of 92, Overall rank: 1st of 163)

Chris Shaw 58:41 (Age group rank: 1st of 16, Gender rank: 2nd of 92, Overall rank: 2nd of 163)

Jim Dahlem 1:00:47 (Age group rank: 1st of 10, Gender rank: 3rd of 92, Overall rank: 3rd of 163)

Ryan Hadley 1:03:05 (Age group rank: 3rd of 10, Gender rank: 7th of 92, Overall rank: 7th of 163)

Chad Merrill 1:07:15 (Age group rank: 4th of 10, Gender rank: 12th of 92, Overall rank: 12th of 163)

Brian Murphy 1:07:50 (Age group rank: 3rd of 6, Gender rank: 13th of 92, Overall rank: 13th of 163)

Mark Adams 1:15:45 (Age group rank: 2nd of 14, Gender rank: 29th of 92, Overall rank: 31st of 163)

Weiqun Zhou 1:21:05 (Age group rank: 5th of 14, Gender rank: 42nd of 92, Overall rank: 46th of 163)

163)

Julie Sapper 1:23:48 (Age group rank: 1st of 11, Gender rank: 9th of 71, Overall rank: 65th of 163)

Lisa Levin 1:23:48 (Age group rank: 2nd of 11, Gender rank: 10th of 71, Overall rank: 66th of 163)

Gene Park 1:24:26 (Age group rank: 8th of 16, Gender rank: 58th of 92, Overall rank: 69th of 163)

Turkey Burnoff 5 Mile -- 2021-11-27

Aaron Trulock 30:53 (Age group rank: 2nd of 7, Gender rank: 5th of 122, Overall rank: 5th of 259)

Erin Kelman 31:52 (Age group rank: 1st of 14, Gender rank: 6th of 122, Overall rank: 6th of 259)

Jeff Elkins 32:08 (Age group rank: 2nd of 14, Gender rank: 7th of 122, Overall rank: 7th of 259)

Kristen Kelman 32:16 (Age group rank: 1st of 13, Gender rank: 1st of 137, Overall rank: 8th of 259)

Meg Ryan 34:08 (Age group rank: 1st of 22, Gender rank: 2nd of 137, Overall rank: 13th of 259)

Exavier Watson 34:32 (Age group rank: 5th of 14, Gender rank: 14th of 122, Overall rank: 16th of 259)

Cindy Conant 34:49 (Age group rank: 1st of 10, Gender rank: 3rd of 137, Overall rank: 17th of 259)

Melissa King 37:10 (Age group rank: 1st of 7, Gender rank: 4th of 137, Overall rank: 25th of 259)

Emily Pierce 37:46 (Age group rank: 1st of 17, Gender rank: 8th of 137, Overall rank: 30th of 259)

Lee Firestone 38:15 (Age group rank: 1st of 13, Gender rank: 24th of 122, Overall rank: 32nd of 259)

Argaw Kidane 38:20 (Age group rank: 2nd of 13, Gender rank: 26th of 122, Overall rank: 34th of 259)

David Storper 53:56 (Age group rank: 11th of 12, Gender rank: 92nd of 122, Overall rank: 165th of 259)

Ashburn Farm Thanksgiving Day 10K -- 2021-11-25

Melissa King 44:50 (Age group rank: 2nd of 12, Gender rank: 6th of 140, Overall rank: 39th of 320)

parkrun College Park -- 2021-11-25

Brian Murphy 19:29 (Gender rank: 5th of 133, Overall rank: 5th of 303)

Meg Ryan 20:24 (Gender rank: 1st of 130, Overall rank: 10th of 303)

Philadelphia Marathon -- 2021-11-21

Laura Ramos 3:23:55 (Age group rank: 22nd of 353, Gender rank: 206th of 2819, Overall rank: 1185th of 7173)

JFK 50 Mile -- 2021-11-20

Adrian Spencer 6:42:34 (Gender rank: 22nd of 701, Overall rank: 26th of 1038)

Norfolk Harbor Half Marathon -- 2021-11-20

Aaron Trulock 1:25:02 (Age group rank: 1st of 80, Gender rank: 7th of 553, Overall rank: 7th of 1239)

Run Under The Lights 5K -- 2021-11-20

Jennifer Sample 24:14 (Age group rank: 1st of 116, Gender rank: 11th of 351, Overall rank: 32nd

of 607)

Julie Sapper 27:51 (Age group rank: 12th of 116, Gender rank: 38th of 351, Overall rank: 84th of 607)

Wiley Hemphill 31:30 (Age group rank: 10th of 25, Gender rank: 73rd of 256, Overall rank: 145th of 607)

Auke Mahar-Piersma 44:11 (Age group rank: 41st of 65, Gender rank: 159th of 256, Overall rank: 371st of 607)

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