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## Montgomery County Road Runners Club

### Ins & Outs - February 18, 2022

*"We Are Running in Montgomery County"*



Dear Members -

Happy new year! It sounds a bit funny to say that in mid-February, but Ins & Outs clearly took a longer break than intended. The beginning of the year is a busy time for us - it feels like there are hundreds of more tasks than there is staff, the biggest being permitting. With races back on our calendar, a few new courses being worked out & the return of PIKE'S PEEK (YAY!), I got in a bit over my head. Thank you all for your patience during the newsletter's extended holiday.

With that, there is a LOT coming up. So I'm going to spare you from my usual "blah blah blah" & get right to it!

Congrats to Jefferson Lunsford (and his assistant extraordinaire, Wendy Young) for an amazing Kemp Mill (C)hill this past weekend. We consider Jeff & Wendy some of our more honest race directors. They promised you chills & hills and I do believe you got both. Job more than well done guys, and thanks to all who came out to support them & the club!

Hopefully you all received the broadcast about our next Featured Runner Series coming up on Monday - a conversation with Desmond Dunham, Youth Sports Expert, Coach & Author (see below in "Cadence"). Be sure to register before Monday! Registration is free.

We are pleased to announce that MCRRC COLD WEATHER GEAR IS FINALLY HERE! But first - and thanks to our incredible new Operations Assistant Terri, members will be able to stop by the clubhouse next weekend (Saturday 2/26 and Sunday 2/27) from 11am-1pm to enjoy "shipping-free shopping!" Merchandise will drop online in the following days for all who cannot stop by. Very light refreshments will be provided.

Board Elections will be coming near the end of March and will be conducted virtually. More information will follow to announce the 2022-23 Board Slate, as well as how voting will be conducted.

Please save the date for our Annual Awards Brunch to be held on Sunday, April 10th at Amp. Space will be limited & pre-registration will be required. While we did not have our

Championship & XC Series in 2022, we look forward to recognizing our other award recipients while enjoying a delicious breakfast.

Finally, the club will be hosting another Race Director Training Course on April 26th and 28th in a two-part class. If you have every wondered what it takes to be a race director, or if you think you'd fit the bill, we encourage you to signup for this free, informational workshop. The club has several races in need of Assistant Race Directors, which is the perfect opportunity to learn alongside some of the experts! More information, as well as a link to register, will come out in the next month.

That's all from me today, so have a great weekend, MCRRC!



Ashley Zuraf  
Executive Director

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## Upcoming Races & Race News

**March 12th - Seneca Creek Greenway Trail Marathon & 50K - Registration is OPEN!** Check out [our new website](#) for more information & to register.

**March 20th - Piece of Cake** - *location & permits pending*

**March 27th - Spin in the Woods 4 Miler** - Registration opening soon!

**April 16th - Capital for a Day 5K** - *permits pending*

**April 24th - Pike's Peek 10K - Registration is OPEN!** Check out [our new website](#) for more information & to register.

**May 14th - Kids on the Run** - Registration opening soon!

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### Add'l Notes:

- *We are exploring a new location & 2022 date for the previously cancelled Country Road Run. More information on that in the coming weeks as permits are worked.*
  - *La Milla de Mayo has been permanently canceled by the City of Gaithersburg.*
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## Upcoming Events

**Monday, February 21st - Featured Runner Series: A conversation with Desmond Dunham.**  
Check out our Events Page for more information & to register.

**Saturday & Sunday, February 26-27th - Shipping-Free Shopping at the MCRRC Warehouse from 11am - 1pm.** Cash & credit cards will be accepted.

**Sunday, April 10th - MCRRC Annual Awards Brunch** - information coming soon!

**Tues., April 26th & Thurs., April 28th - Race Director Training** - information & registration link coming soon!

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## **Member Spotlight: JENNIFER SINCLAIR**

### ***The Road in Front of Us***

We can't think of a better way to celebrate the first Member Spotlight of 2022 than to express gratitude for the road in front of us and our opportunity to put one foot in front of the other to move forward. Throughout her experience as a runner, this has taken on different meanings for MCRRC member Jennifer Sinclair, but her appreciation for how running positively contributes to her emotional well-being has only deepened. It makes her feel alive and allows her to learn her strengths and ways in which she can grow. Despite how she feels about the road in front of us, she probably wouldn't recommend eating a Gu Chew off of it, unless it was yours in the first place, but even that is questionable. We hope you enjoy learning from and more about Jennifer!



*Age Group:* 30-39

*Where do you live?*

Kensington, MD

*What is your day job?*

Laboratory Manager

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

I love gardening and enjoy the outdoors.

*What motivates you to run?*

I have learned that I rely on running to keep me physically and emotionally healthy. My doctor credited my good physical condition from marathon training to the ability to survive and recover from a very traumatic birth experience. Following this experience (and during the pandemic), I realized how important running, and exercise in general, are for emotional well-being. Running makes me feel alive, so I guess that is my current motivation.

*When did you get started running?*

I started running when I was a teenager (20+ years ago).

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

I most enjoy the training programs that are offered by MCRRC. I have made some very good friends through the training programs. I also enjoy meeting and running with new people and listening to the variety of life experiences that others have to share. I continually find inspiration from those I have met through MCRRC.

*What is your favorite MCRRC Training Program?*

FTM (First Time Marathon Training Program)

*What is your favorite MCRRC Low-Key race?*

Riley's Rumble. Even though this race usually offers the three H's (heat, hills, humidity), this is somehow my favorite. Maybe it's the watermelon at the end?

*What is your favorite volunteer position?*

Pacing and coaching. I truly feel excited when I am able to help and watch others work toward and attain their running goals.

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

It is impossible for me to pick just one. I am always inspired by the head and pace coaches of the FTM program, though.

*What's your preferred race distance?*

I love training for and running marathons. The transformation that takes place while training for a marathon is always fun to observe.

*What was your best race experience?*

My best race experience was probably in high school when I ran under 6 minutes for 1600m for the first time. This was when I first understood what "runner's high" feels like.

*What was your worst race experience?*

At the moment, I would definitely say I have had some "bad" race experiences, but they were all a result of my failure to handle disappointment in myself. Since I have learned and grown as a runner and person from each of these experiences, I am not sure I can really say they were "bad" or point to any one race as the "worst."

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

The hardest race I have ever run was the Crazy Horse Marathon. The course itself was challenging and I was 20 weeks pregnant. The recovery from this race also took MUCH longer than normal for me.

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

When I ran the Steamtown Marathon, a guy I was running next to picked up, what I imagine to be a Gu Chew, off the ground and ate it. I'm pretty confident it wasn't one that he had dropped, either.

*What is your favorite running gear?*

My shoes! I can't imagine why anyone would want to, and actually does, run barefoot.

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

Mostly with pizza.

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

I live right around the corner from the Rock Creek Trail. It's very scenic and so convenient.

*What running goal(s) do you have?*

I'd like to set a new PR for myself in the marathon and be nicer to myself.

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

We don't have to run - we get to run. Be grateful for the opportunity to be out on the road or trail and keep putting one foot in front of the other.

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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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## **Cadence**

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

#### ***Celebrating Black History Month***

##### ***Run With Maud***

Two years ago, on February 23, 2020, Ahmaud Arbery, a 25 year old Black man who was out running, was chased down and killed. Earlier this year, three men were convicted for his murder, and this week, they stand trial for federal hate crime charges.

Also this week, the state of Georgia passed the Ahmaud Arbery Day law that officially names February 23rd, "Ahmaud Arbery Day." The resolution encourages Georgia residents to participate in the "Run with Maud" movement of running 2.23 miles on February 23rd.

MCRRC encourages you to "Run with Maud" too.

##### ***Featured Runner Series 2nd Annual Black History Month Celebration: A Conversation with Coach Desmond Dunham***

Please join us for our 2nd Annual Black History Month Online Event, hosted by MCRRC's Inclusion and Equity Committee. The conversation with our featured guest will take place on Monday, February 21, 2022 from 7:00-8:00 PM. The event is FREE and open to all MCRRC members and non-members. Donations to MCRRC are welcome. Introductions will be conducted by Sylvie Qwasinwi Ngassa Bello and the conversation will be moderated by Kelyn Soong — both MCRRC members.

This event will take place on Zoom – link to be provided to registered participants the day of the event.

Free items including signed-copies of Coach Dunham's book *Running Against the Odds* will be randomly given away to MCRRC member attendees only.

**Pre-registration is required — REGISTER [HERE!](#)**

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#### ***Desmond Dunham's Unlikely Path to Success***

*The MCRRC Featured Runners Series hosted by the Inclusion and Equity Committee (I&E) is proud to present its 2nd annual Black History Month Online Event, featuring [Coach Desmond Dunham](#), a DMV local and nationally acclaimed track and field and cross-country coach.*

*Overcoming challenges throughout his life has empowered Coach Dunham to inspire and lead young people to a better life through coaching and mentorship. He is a leader and role model whose influence and reach over two decades has inspired generations of runners in the DC area and beyond. Coach Dunham is Director and Head Coach of track & field and cross-country at St. John's College High School, an Under Armour Coach, and author of his recently released memoir [Running Against the Odds](#).*

MCRRC is honored to host Desmond Dunham as part of celebrating Black History Month. Please join us and spread the word about this exciting event!

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*The Inclusion and Equity Committee is always looking for new members and 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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