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## Montgomery County Road Runners Club

**Ins & Outs - March 18, 2022**

*"We Are Running in Montgomery County"*



Dear Members -

It's time to vote for the 2022-23 MCRRC Board of Directors Slate!

Thank you to our outgoing board members: Connie Corbett, Jefferson Lunsford, Yvette Murphy, and Jennifer Smith, who each brought a set of unique strengths to the board and have been a pleasure to work with. We are grateful for their commitment to MCRRC and know that we'll continue to see them in leadership roles within the club.

**Voting for the 2022-23 Board of Directors is NOW OPEN!** The [online voting platform](#) will remain open through Sunday evening at 11:59 PM or until a quorum of 50 members is achieved. The results of the election will be announced on the next business day from the closing of the poll, once the count and membership status of all votes have been verified. Electing the Board of Directors is an important part of your membership and we thank you in advance for your participation. Vote to elect the 2022-23 Board of Directors [here](#).

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 run our series in 2022, we do look forward to recognizing our other award recipients while enjoying a delicious breakfast. The link to register to attend will be shared next week. Please note that vaccination status must be verified at the door and non-vaccinated guests must show a negative test result taken within 72 hours of the 10th.

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 be shared soon.

Piece of Cake will run on Sunday at its new location - Falls Road Local Park in Potomac - both distances will begin at 8:30 AM. Volunteers are still needed. Best of luck to all participating this weekend.



Ashley Zuraf  
Executive Director

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## Upcoming Races & Race News

**March 20th - Piece of Cake - Registration is open** for non-members! Please check out [our website](#) for more information.

**March 27th - Spin in the Woods 4 Miler - Registration is open** for non-members! Please check out [our website](#) for more information.

**April 16th - Capital for a Day 5K - Registration is open** for non-members! Please check out [our website](#) for more information.

**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 is open** for ages 5 & over. Check out [our new website](#) for more information & to register.

**May 15th - Run Aware XC - Registration is open** for non-members! Check out [our website](#) for more information.

**May 21st - Germantown 5 Miler - Registration opening soon!**

**May 30th - Memorial Day 4 Miler - Registration opening soon!**

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## Upcoming Events

**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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## Training Tracks: **SPRING 5K**

*Spring 5K Program Debuts, Targeting TWO June Races!*

After a two-year hiatus due to the pandemic, the program formerly known as Beginning Women Runners is back - but with a new name and expanded appeal.

Now called the [Spring 5K Program](#), the 11-week training program is open to all runners - both men and women - over the age of 18 who are pursuing the 5K distance.

The program will have pace groups for all speeds, from fast runners to walkers. With a low-key approach, Spring 5K is perfect for beginners as well as runners and walkers who are returning from injury or hibernation. Experienced 5K runners and walkers are also encouraged to join us to continue their training.

Coached workouts are Tuesday evenings and Saturday mornings.

The program has two goal races to select from, both scheduled for Saturday, June 18th: Run for Roses, which takes place in the morning at Wheaton Regional Park, and Suds & Soles, held in the evening in downtown Rockville.

Registration is open and orientation is scheduled for Tues. April 5th. Find out more and register [here](#). We hope to see you there!

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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.*

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## Member Spotlight: **JOE AUKWARD**

*Priceless*

*By: Sherri Comerford*

I first met Joe Aukward at a Sunday group run at Ken-Gar Park last Fall, organized by Brian Murphy. Joe and his wife, Betty, walked up to a group of runners, and Joe asked, "Is anybody going about a 10-minute mile pace? I'm looking for a guide."

My pace happens to be a few minutes slower than most of the speed racers who frequent the Sunday Ken-Gar runs, many of them MCRRC competitive team members, so my Sunday group runs often start out with the group but quickly become solo runs – with friendly waves and encouragement as the group passes me on their way back. In other words – Joe's pace was perfect for me, and I was happy for the company.

It turned out that Joe and I have a lot in common. I am a federal employee (Environmental Protection Agency). He is a federal retiree (Navy). Like me, in addition to his primary responsibilities, he had taken on an assignment as a Special Emphasis Program Manager - a program in which federal employees devote a portion of our time doing work on Equal Employment Opportunity and promoting diversity, equity, inclusion and accessibility. His special emphasis program was people with disabilities. Mine is LGBTQ+ employees. Joe now works for the Prevention of Blindness Society in Bethesda as a low-vision resource navigator. Joe has also run six marathons, and I am also training for my first, the Salisbury Marathon in April. So we immediately had a lot to talk about. But first, he had to teach me to guide.

Joe brings with him an extremely obscure and specialized piece of running equipment - A shoelace! Tied in a loop. We stand next to each other, both holding onto the looped shoelace. And we run. That's it. Except...I have to narrate, describing road conditions and alerting him to turns, curb cuts, obstacles, and passing runners. Sometimes narrating is difficult because I get caught up in our conversation, and my cue is later than it should be. It takes practice, and we have had our mishaps – but fortunately, Joe is extremely patient. There is also an organization called [United in Stride](#) that provides tips and tutorials for both vision impaired and blind people and guides.

Let's hear from Joe in his own words:

### **Did you run or participate in sports when you were younger?**

Fortunately, I had relatively good eyesight when I was young, and started with the traditional big

three: football, basketball, and baseball. As my sight started to decline, following a moving ball became more difficult. I gravitated to track and cross country as a youngster and in high school and college.

#### **When and why did you start running?**

Watching the Summer Olympics. I set a goal to run for the USA in Track and Field. Running for me has always felt very natural and relaxing.

#### **When did you first become involved with MCRRC, and what are you doing now?**

Soon after moving to Montgomery County in 1994, I joined MCRRC. Initially I participated in Denis MacDonald's Wednesday night track workouts, and I am still doing them now. I raced primarily in middle distance track and some road races. Now, I recently joined the Speed Development Program. I am building my endurance and speed. I plan to compete in the Cherry Blossom 10 mile run and Pike's Peek 10K. Ideally, I would like to run another marathon, and I am considering the Rehoboth Beach Seashore Marathon this December.

#### **What are your proudest running accomplishments?**

1. Representing the United States in the 2004 Athens Paralympic Games. I was fortunate to be Co-Captain of our Ambulatory Track and Field team.
2. Setting a school record at Gonzaga High School as part of our 4 x 800 and 4 x 400 relay teams at the Penn relays.
3. Running the Chicago Marathon in 3:36 in 1997.

#### **Can you tell us about how you lost your vision?**

When I was six, I was diagnosed at NIH with retinitis pigmentosa. Initially I had night blindness and tunnel vision, with a peripheral field under 20 degrees. I gradually lost my sight over a 40-year span. I currently have some slight light perception, though I now identify as Blind.

#### **How did losing your vision impact your running?**

Some of my last fully independent running was when I was dating my now wife Betty. I first learned about the Paralympics and the United States Association of Blind Athletes in 1996. I tried unsuccessfully to make the 1996 Atlanta and 2000 Sydney USA Paralympic teams, though my third time I did make the 2004 Athens team.

#### **How did you adjust to running with a guide?**

The more experienced guide runners and elite blind runners told me I should trust my guide's eyes, 100 percent, although I initially had some sight. I also made sure I did quite a bit of planning ahead.

#### **What are the challenges of running with a guide?**

I refer to my guides as "Selfless Patriots," as when we are running together, they are ensuring I safely have a successful run. So, it can be a challenge finding guides who are motivated to run at a fairly robust pace. Many of my male contemporaries have gravitated to Cycling or Swimming.

#### **What are the rewards?**

As the commercial says, "priceless." I cannot run outside without the assistance of a guide. So whenever I have a quality workout or race, I am so grateful – that is exclusively because of my guides.

#### **What would you say to other vision impaired or blind people who want to run?**

It is both an awesome and very attainable activity. The actual act of running, moving your arms and legs requires no sight, and no ball to follow. Also, I find the running community to be very supportive. Lastly, as a person with a disability, competing successfully in sports gets the attention and respect of others.

#### **How can coaches and sighted MCRRC members help support your involvement in club activities and races?**

Be open to trying to guide me.

#### **Is there anything else you'd like to add?**

First of all, there are so many people that are vision impaired, blind, or have some physical challenge, that I think if folks would be open to trying to guide me, it could open up quite a few opportunities for others. I know a young lady who wants to run. And I know there are others. If people would be willing to try guiding, there are so many other people with disabilities who would benefit from it, too. Guiding is kind of straightforward. There's the tether, and there's the describing. I just always feel, if people want to do it, they can. It's possible. It's not like it's a

bridge too far, for most people.

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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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## Competitive Racing Team Results

By: Nicolas Cruzier

Here are the team's results:

### **Rosaryville 10K -- 2022-03-13**

Sarah Flynn 55:42 (Gender rank: 1st of 108, Overall rank: 6th of 196)

### **Elizabeth Furnace 50K -- 2022-03-12**

Erin Kelman 7:58:00 (Gender rank: 7th of 17, Overall rank: 7th of 21)

Kristen Kelman 7:58:00 (Gender rank: 1st of 4, Overall rank: 7th of 21)

### **Reston 10 Miler -- 2022-03-05**

Julie Sapper 1:15:43 (Age group rank: 2nd of 31, Gender rank: 14th of 196, Overall rank: 59th of 397)

### **parkrun College Park -- 2022-03-05**

Jim Dahlem 17:17 (Gender rank: 1st of 77, Overall rank: 1st of 172)

Mark Neff 17:54 (Gender rank: 2nd of 77, Overall rank: 2nd of 172)

Kevin Camp 18:54 (Gender rank: 6th of 77, Overall rank: 7th of 172)

Cindy Conant 20:43 (Gender rank: 2nd of 84, Overall rank: 11th of 172)

### **RRCA Club Challenge 10M -- 2022-02-27**

Chris Pruitt 54:43.75 (Overall rank: 14th of 566)

Josh Tierney 54:46.36 (Overall rank: 16th of 566)

Ryan Johnson 58:38.10 (Overall rank: 45th of 566)

Stephen Varney 58:43.51 (Overall rank: 47th of 566)

Steven Moore 59:23.85 (Overall rank: 59th of 566)

Jim Dahlem 59:42.34 (Overall rank: 61st of 566)

Ryan Hadley 59:46 (Overall rank: 63rd of 566)

David Storper 59:55.28 (Overall rank: 64th of 566)

Wiley Hemphill 1:00:44.72 (Overall rank: 70th of 566)

Hasan Hobbs 1:01:50.03 (Overall rank: 82nd of 566)

Brian Murphy 1:01:57.58 (Overall rank: 84th of 566)

Alex Booth 1:02:36.50 (Overall rank: 89th of 566)

Roman Gurule 1:03:02.03 (Overall rank: 95th of 566)

Jeff Elkins 1:03:08.09 (Overall rank: 98th of 566)

Frank Perna 1:04:22.81 (Overall rank: 114th of 566)

Bryan Rivera 1:04:36.27 (Overall rank: 116th of 566)

Robert Palmer 1:05:25.56 (Overall rank: 126th of 566)

Liz Ozeki 1:06:25.52 (Overall rank: 140th of 566)  
Erin Kelman 1:08:14.32 (Overall rank: 163rd of 566)  
Kristen Kelman 1:08:51.85 (Overall rank: 170th of 566)  
Erica Singleton 1:09:07.60 (Overall rank: 174th of 566)  
Melissa King 1:09:30.79 (Overall rank: 180th of 566)  
Laura Ramos 1:09:56.11 (Overall rank: 182nd of 566)  
Meg Ryan 1:11:04.58 (Overall rank: 196th of 566)  
Peter Bandettini 1:11:43.99 (Overall rank: 209th of 566)  
Weiqun Zhou 1:15:05.53 (Overall rank: 243rd of 566)  
Bill Loomis 1:15:48.43 (Overall rank: 253rd of 566)  
Alexandra Amidon 1:16:18.04 (Overall rank: 265th of 566)  
Emily Pierce 1:17:25.06 (Overall rank: 278th of 566)  
Mark Adams 1:18:16.54 (Overall rank: 289th of 566)  
Jennifer Sample 1:25:45.49 (Overall rank: 375th of 566)

#### **Atlanta Marathon -- 2022-02-26**

Shlomo Fishman 2:37:32 (Age group rank: 1st of 100, Gender rank: 1st of 675, Overall rank: 1st of 968)

#### **Hashawha Hills 50K -- 2022-02-26**

Erin Kelman 4:46:53 (Gender rank: 6th of 70, Overall rank: 6th of 90)  
Kristen Kelman 5:09:56 (Gender rank: 4th of 30, Overall rank: 12th of 90)

#### **parkrun College Park -- 2022-02-19**

Brian Murphy 18:21 (Gender rank: 1st of 69, Overall rank: 1st of 147)

#### **parkrun Kensington -- 2022-02-19**

Liz Ozeki 20:06 (Gender rank: 1st of 24, Overall rank: 2nd of 54)  
Steven Andrews 23:34 (Gender rank: 3rd of 28, Overall rank: 4th of 54)

#### **Kemp Mill (C)hills 10K -- 2022-02-13**

Shlomo Fishman 35:39 (Age group rank: 2nd of 5, Gender rank: 3rd of 74, Overall rank: 3rd of 121)  
Chris Shaw 37:39 (Age group rank: 1st of 11, Gender rank: 6th of 74, Overall rank: 6th of 121)  
David Storper 38:00 (Age group rank: 2nd of 11, Gender rank: 8th of 74, Overall rank: 8th of 121)  
Stephen Varney 38:11 (Age group rank: 2nd of 11, Gender rank: 9th of 74, Overall rank: 9th of 121)  
Adrian Spencer 39:02 (Age group rank: 3rd of 10, Gender rank: 10th of 74, Overall rank: 10th of 121)  
Alex Booth 39:09 (Age group rank: 3rd of 5, Gender rank: 11th of 74, Overall rank: 11th of 121)  
Erin Kelman 40:19 (Age group rank: 3rd of 11, Gender rank: 13th of 74, Overall rank: 14th of 121)  
Robert Palmer 41:27 (Age group rank: 4th of 11, Gender rank: 16th of 74, Overall rank: 17th of 121)  
Brian Murphy 41:40 (Age group rank: 5th of 10, Gender rank: 17th of 74, Overall rank: 18th of 121)  
Liz Ozeki 42:39 (Age group rank: 1st of 2, Gender rank: 2nd of 47, Overall rank: 20th of 121)  
Laura Ramos 43:18 (Age group rank: 1st of 11, Gender rank: 3rd of 47, Overall rank: 22nd of 121)  
Cindy Conant 44:24 (Age group rank: 1st of 3, Gender rank: 4th of 47, Overall rank: 24th of 121)  
Marty Horan 44:45 (Age group rank: 1st of 9, Gender rank: 21st of 74, Overall rank: 25th of 121)

Mark Adams 48:46 (Age group rank: 3rd of 9, Gender rank: 37th of 74, Overall rank: 46th of 121)

**Kemp Mill (C)hills 5K -- 2022-02-13**

Paul Jacobson 19:56 (Age group rank: 1st of 2, **Gender rank: 3rd of 23**, Overall rank: 4th of 46)

**parkrun College Park -- 2022-02-12**

Brian Murphy 19:31 (Gender rank: 5th of 93, Overall rank: 6th of 204)

Cindy Conant 20:46 (**Gender rank: 1st of 100**, Overall rank: 9th of 204)

**parkrun Kensington -- 2022-02-12**

Steven Andrews 24:23 (Gender rank: 8th of 38, Overall rank: 9th of 75)

**Winter Hains Point 5K -- 2022-01-29**

Laura Ramos 19:56 (**Gender rank: 1st of 25**, Overall rank: 3rd of 59)

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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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