



[Click to view this email in a browser](#)

Montgomery County Road Runners Club

Ins & Outs - March 4, 2022

"We Are Running in Montgomery County"



Dear Members -

Keeping it brief today, as you may have noticed -- I'm already a little late!

Thank you to all who attended our second Black History Month Event, the Featured Runner Series with Coach Desmond Dunham. The recording is available on [our website](#) for all who were not able to attend. A great big "thank you" to the Inclusion and Equity Committee for pulling together this awesome conversation.

Another thanks to all who came to our shipping-free shopping days last weekend. It was great to see & meet some of you and share some treats! If you weren't able to come out, all of the new cold weather gear is now available in our gear shop on [mcrrc.org](#)! Thank you to Terri for pulling this together and designing our new gear. We will try to offer another one in the future.

Trail runners! Next up on our full 2022 calendar is the Seneca Creek Greenway Trail Marathon & 50K on March 12th. If you are running, we wish you the best of luck. If you have a trail running friend, please tell them about our race! And if you aren't running, please consider volunteering to help out our awesome Race Director, Karen Craney & show your support to the amazing participants taking on this challenge! Links to register, volunteer and read about the race can be found on our [new website!](#)

The 2022-23 Board Slate is posted on our website. Please see below for the official notice from the Nominating Committee. Elections will be conducted virtually this year and voting will begin on Friday, March 18th. Information on how to cast your vote will be sent in the coming week!

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.

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 sign up 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.

Make it a great weekend, MCRRC!



Ashley Zuraf
Executive Director

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 - *permits pending*

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

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.*
-

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!

2022-23 MCRRC Board of Directors Slate

Dear Members,

The Nominating Committee presents to you, the slate of candidates for the 2022 MCRRC Board of Directors.

This year we received some very qualified candidates. The Nominating Committee submitted questionnaires to all interested candidates under consideration, and after vetting the responses, conducted interviews with candidates. Additionally, we used feedback from existing board members, MCRRC personnel, our understanding of the needs of the club, and the feedback and suggestions we received from club members in making our decisions.

Each selected candidate brings special talent and enthusiasm from which the club will most definitely benefit. All candidates will be informed of their nominations and the slate is as follows:

Treasurer:

Outgoing Member - Jennifer Smith; Incoming Candidate - Ashish Gupta

Members-At-Large:

Outgoing Member - Jefferson Lunsford; Incoming Candidate - Elliott A. Alman

Outgoing Member - Yvette Murphy; Incoming Candidate - Jane Heinrichs

Outgoing Member - Ashish Gupta; Incoming Candidate - Deb Levy*

Outgoing Member - Connie Corbett; Incoming Candidate - Jim Dahlem*

** One year term*

We would like to thank outgoing board members – Jen, Jefferson, Yvette, and Connie — for their service on the board.

Finally, it has been an honor for each of us to serve on the Nominating Committee.

Respectfully Submitted,

Douglas Watt, Chair, Mike Acuna, Dan DiFonzo, Kevin Edwards, Larry Feidelseit, Wanda Walters, and Conroy Zien

Cadence

The Beat from MCRRC's Inclusion and Equity Committee

MCRRC's 2nd Annual Black History Month Event with Coach Desmond Dunham

The I&E Committee would like to thank MCRRC staff and volunteers who made the 2nd Annual Black History Month Event a success. The event was held on February 21st as part of our Featured Runner Series, and we were fortunate to have a conversation with nationally-acclaimed coach, youth sports expert, and author, Desmond Dunham. Special thanks goes out to members Kelyn Soong, Sylvie Bello, and Jean Nkamdon who served as hosts and centered the conversation around the importance of Black leadership and the history, influence, and struggle of Black runners in the broader running community.

If you missed the inspirational conversation with Desmond Dunham, you can read more information and watch the full video recording on [MCRRC's event page](#). Also, Coach Dunham invites you to connect with him on Instagram @coachdezunham.

United In Stride (Contributed by Sherri Comerford)

The [MCRRC Values Statement](#) number 4 states, "We are committed to equity, inclusivity and anti-discrimination. We embrace all communities of age, ethnicity, gender identity, language, national origin, race, religion, sexual orientation, and socio-economic status. We aspire to identify opportunities for members with disabilities." One way sighted members can contribute to this effort is to learn how to be a guide for blind or visually impaired runners. This will help facilitate participation by blind and visually impaired runners in club training programs, informal runs, and races. A wonderful resource for this is United in Stride (www.unitedinstride.com).

Founded in 2015 by the Massachusetts Association for the Blind and Visually Impaired, United in Stride has national reach as a tool to unite runners who are blind or visually impaired with sighted guides. Blind and visually impaired runners and sighted guides can sign up, and then search by zip code for nearby members to pair up with.

The website includes a tutorial for those who would like to become a guide. Topics include using verbal cues, using a hand-held tether (typically a shoestring or strap with a loop at both ends), or an elbow lead, and what is expected when guiding at a race.

But maybe the most important advice is encouragement to go ahead and try it. United In Stride's tutorial says, "Guiding a visually impaired runner is not rocket science. It takes a caring heart, good communication skills, dependability, openness to feedback, and assertiveness.... It is normal for a new sighted guide to be a bit nervous. This can mean you take the responsibility seriously and want to do a good job. Mistakes will be made. Your best instructor will be the person you are guiding."

And, as this writer would like to add from recent experience - the runner you guide may well know more about running than you do! You can learn from each other - and make a new running friend! Try it!

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@mcrc.org.

Stay Informed!

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

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

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

[Read](#) the VerticalResponse marketing policy.

vertical DELIVERED BY
response
Try It Free Today!