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Montgomery County Road Runners Club

Ins & Outs - April 1, 2022

"We Are Running in Montgomery County"



Dear Members -

Full disclosure: there is something MAJOR going on today with Vertical Response, the system I use to create this newsletter. I cannot figure it out and my eyes are crossing trying, sooooo I quit. You get the newsletter looking this way. I apologize and hope that you can still read it. Just try to ignore all the weird spacing. I have never claimed to be someone good at using technology. Combine that with a fancy editing website and sometimes you get... well, something that looks like this.

Thank you to each member who took the time to vote for the 2022-23 Board of Directors! We are pleased to welcome our incoming board members and are looking forward to the good work they will do for the club.

Thank you & congratulations to Mayra Fairbairn & Lee Feldstein for their hard work as race directors of the Piece of Cake 10K/ 5K and Spin in the Woods! Many thanks also to the volunteers who supported them - we couldn't do it without you!

Approaching quickly is the return of our **Annual Awards Brunch Sunday, April 10th** at AMP by Strathmore. Doors open at 10 AM and a delicious breakfast will be served. Attendance is free, but registration is required as space is limited. Please note that vaccination status will be verified at the door and non-vaccinated guests must show a negative test result taken within 72 hours of the 10th. This is a policy of the venue and we appreciate your cooperation. If you haven't already registered to attend, please [register here!](#)

Registration is now OPEN for the Parks Half Marathon, taking place on September 11th! See below for a special message from our Official Spokesdog.

Important note: You must be registered for Pike's Peek by midnight on April 5th in order to receive a personalized bib. In addition, prices go up on April 16th, so be sure to [register today!](#)

You may have noticed that registration is open for our spring & early summer training programs. If you have not, consider yourself informed! We are looking for participants for the *new* Spring 5K Program, the 8K/ 10K Program, FTM, and Summer Half! Please

check out their webpages under "Training" at www.mcrrc.org and sign up for a summer of training & fun!

Finally, the club will be hosting a two part Race Director Training Course starting on April 28th. If you have every wondered what it takes to be a race director, or if you think you'd fit the bill, this class is for you! 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.

Best of luck to all MCRRC members running, volunteering, and taking on team captain roles in this weekend's Cherry Blossom 10-Miler! We hope that everyone participating has a great race weekend and MCRRC is honored to be a part of this year's race.

Have a great weekend, MCRRC!



Ashley Zuraf
Executive Director

Upcoming Races & Race News

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!

Sept. 11th - Parks Half Marathon - Registration is OPEN! Check out [our website](#) for more information & to register!

Upcoming Events

Sunday, April 10th - MCRRC Annual Awards Brunch - Registration is OPEN! [Register here](#) to secure your spot at this fun event.

Thurs., April 28th - Part 1 Race Director Training - information & registration link coming soon!

Training Tracks: Fifteenth, Fourth, First Time Marathon Program

FTM is BACK!

For the first time since 2019, FTM will be returning to a full IN-PERSON season!

If you're coming off a winter training season with one of MCRRC's excellent training programs and are wondering "what's next," - consider FTM!

Since 1995, FTM has trained thousands of runners for their first (or second, third, or more) marathons. Our 26-week program is specifically designed to prepare you physically and mentally for the challenge of the marathon distance while making training FUN! It's so fun, in fact, that while the program is geared towards a first timer, our participants tend to return year after year, to train for their fourth, fifteenth or even fiftieth marathon with us!



Our schedule requires you to run 4 times per week, including two coached, group runs. You will be assigned to a pace group based on a 10k race time you provide when registering. Each of our pace groups has multiple, experienced pace group coaches. All our coaches trained and made their marathon debut with FTM.

Still uncertain? We will have an orientation a couple of weeks before our first long run. You don't need to be registered for FTM in order to attend the orientation. (Details will be posted shortly on our webpage.)

Join us this season and be part of the life-changing experience that is marathon training. Come see why the readers of Run Washington voted us the "Best Training Program for Beginning Runners"!

Our first group long run will be on Sunday, May 8, 2022 and will be 7 miles.

You can do this. You should do this. Check out [our webpage](#) & register today!



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.

Member Spotlight: **BECKY CROMWELL**

Renewal

There's something about spring that brings everything back into focus, and our attention is drawn to the changes around us. The trees blossom. Flowers emerge from the earth. The birds' song becomes louder and brighter. It is a time of transformation. Renewal. For those of us who have been running for a long time, we have experienced the changing of the seasons when we have had periods of growth and dormancy. For veteran runner and septuagenarian Becky Cromwell, physical and mental setbacks affected her running progress. By joining MCRRC and participating in the Winter 5K Run/Walk program, Becky found the structure she needed to achieve her goals once again. Participating in this year's Piece of Cake 5K and coming in 3rd in her age group is proof that success can emerge at any time and any season. We are excited for Becky's renewal as a runner and in her life journey. Thank you, Becky, for inspiring all of us.

Age Group: 70-79

Where do you live?

Silver Spring, MD

What is your day job?

Retired social worker

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

When I'm not running, I'm birding at Wheaton Regional Park or at Pennyfield Lock. I also enjoy reading and listening to classical music.

What motivates you to run?

I enjoy being outside, running alone or with a group. I enjoy the camaraderie of other runners.

When did you get started running?

I first started running in 1980, when I did my first 10K in D.C. I quickly moved up to my first marathon, the NYC, in fall of that year.

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

I need the structure and support of different training programs to help me make my goals. It is great to run with club members and go out for pizza after a track session.

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

I've only been in one program, but Keith Ord was my coach for the 5K, and he was terrific.

What's your preferred race distance?

The 10K has always been my favorite distance.

What was your best race experience?



Running in the New York City Marathon was my most memorable race experience, partly because it was my first marathon, and partly because it feels like the whole city comes out to support the runners.

What is your favorite running gear?

Having some comfortable, supportive running shoes is a must.

How do you reward yourself after a hard workout?

I love to go out and have a big breakfast with pancakes and O.J.

What is your favorite running spot in Montgomery County?

I love to run on the Matthew Henson trail near my home in Aspen Hill.

What running goal(s) do you have?

I would like to run fast enough to win in my age category eventually.

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

I am proof that an older runner (70) can come back after serious injury and depression. With structure, support, and a solid program, you can do it.

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](#).

Registration is OPEN for PHM!



HOWDY FOLKS!

Remember ME? For those who are new here, my name's Mo. I enjoy country music, playing ball, tummy rubs, and PLAYING BALL!

Unfortunately, during my pandemic layoff, I have also developed a love for junk food. I AM SO EMBARRASSED you guys! It's been a long two years, but I'm happy to say...

REGISTRATION FOR THE 2022 PARKS HALF MARATHON IS OPEN!

Race day is September 11th and our low, introductory pricing is in effect through May 15th -- so [register early](#) & save!

We have a GREAT race planned for you this year: same awesome course, best shirts in town & an awesome finisher's premium!

But, is there anything *NEW* you ask? Actually, we have a new Race Director! I sure am going to miss that other guy. We were bros. But Ms. Kiki seems nice enough and I really need to convince her that I'm worth my weight... in bones.

SO THAT'S WHERE YOU COME IN!

[REGISTER TODAY!](#)

Sincerely,

Mo - The Official Spokesdog of the 2022 Parks Half Marathon

www.parkshalfmarathon.com

Competitive Racing Team Results

By: Nicolas Crouzier

Here are the team's results:

B & A Half Marathon -- 2022-03-27

Brian Murphy 1:25:37 (Age group rank: 7th of 75, Gender rank: 16th of 280, Overall rank: 17th of 535)

Lisa Chilcote 1:50:21 (Age group rank: 4th of 41, Gender rank: 30th of 255, Overall rank: 140th of 535)

Spin in the Woods 4 Miler -- 2022-03-27

Nicolas Crouzier 22:27.28 (Age group rank: 1st of 4, Gender rank: 1st of 56, Overall rank: 1st of 89)

Chris Shaw 25:00.53 (Age group rank: 1st of 5, Gender rank: 2nd of 56, Overall rank: 2nd of 89)

Adrian Spencer 25:17.05 (Age group rank: 2nd of 4, Gender rank: 4th of 56, Overall rank: 4th of 89)

Ryan Johnson 25:31.82 (Age group rank: 1st of 6, Gender rank: 5th of 56, Overall rank: 5th of 89)

Alex Booth 25:51.58 (Age group rank: 2nd of 6, Gender rank: 6th of 56, Overall rank: 6th of 89)

Erin Kelman 26:59.01 (Age group rank: 2nd of 5, Gender rank: 7th of 56, Overall rank: 7th of 89)

Kristen Kelman 27:40.21 (Age group rank: 1st of 3, Gender rank: 1st of 33, Overall rank: 8th of 89)

Michelle Miller 27:56.42 (Age group rank: 1st of 8, Gender rank: 2nd of 33, Overall rank: 9th of 89)

Anna Bosse 28:30.19 (Age group rank: 1st of 2, Gender rank: 3rd of 33, Overall rank: 10th of 89)

Robert Palmer 29:07.44 (Age group rank: 3rd of 5, Gender rank: 8th of 56, Overall rank: 11th of 89)

Liz Ozeki 29:23.97 (Age group rank: 2nd of 3, Gender rank: 4th of 33, Overall rank: 14th of 89)

Mark Adams 31:16.32 (Age group rank: 1st of 7, Gender rank: 14th of 56, Overall rank: 18th of 89)

Weiquin Zhou 33:24.99 (Age group rank: 3rd of 7, Gender rank: 19th of 56, Overall rank: 23rd of 89)

Rock 'n' Roll DC Half Marathon -- 2022-03-26

Ryan Hadley 1:17:37 (Age group rank: 1st of 746, Gender rank: 29th of 7568, Overall rank: 33rd of 10117)

Piece of Cake "10K" -- 2022-03-20

Nicolas Crouzier 32:51 (Age group rank: 1st of 12, Gender rank: 1st of 119, Overall rank: 1st of 220)

Shlomo Fishman 33:57 (Age group rank: 2nd of 10, Gender rank: 3rd of 119, Overall rank: 3rd of 220)

David Storper 36:11 (Age group rank: 1st of 13, Gender rank: 7th of 119, Overall rank: 7th of 220)

Ryan Johnson 36:30 (Age group rank: 3rd of 10, Gender rank: 8th of 119, Overall rank: 8th of 220)

Jim Dahlem 38:00 (Age group rank: 2nd of 13, Gender rank: 12th of 119, Overall rank: 12th of 220)

Erin Kelman 38:57 (Age group rank: 3rd of 13, Gender rank: 16th of 119, Overall rank: 16th of 220)

Frank Perna 39:03 (Age group rank: 2nd of 16, Gender rank: 18th of 119, Overall rank: 18th of 220)

Kristen Kelman 40:07 (Age group rank: 1st of 10, Gender rank: 1st of 101, Overall rank: 20th of 220)

Jeff Elkins 40:10 (Age group rank: 4th of 13, Gender rank: 20th of 119, Overall rank: 21st of 220)

Paul Jacobson 40:25 (Age group rank: 3rd of 16, Gender rank: 21st of 119, Overall rank: 22nd of 220)

Brian Murphy 40:56 (Age group rank: 5th of 12, Gender rank: 22nd of 119, Overall rank: 23rd of 220)

Michelle Miller 41:00 (Age group rank: 1st of 24, Gender rank: 2nd of 101, Overall rank: 24th of 220)

Anna Bosse 41:16 (Age group rank: 1st of 3, Gender rank: 3rd of 101, Overall rank: 27th of 220)

Robert Palmer 41:16 (Age group rank: 4th of 13, Gender rank: 24th of 119, Overall rank: 26th of 220)

Marty Horan 42:53 (Age group rank: 1st of 15, Gender rank: 28th of 119, Overall rank: 31st of 220)

Mark Adams 44:37 (Age group rank: 3rd of 15, Gender rank: 37th of 119, Overall rank: 43rd of 220)

Weiqun Zhou 44:38 (Age group rank: 4th of 15, Gender rank: 38th of 119, Overall rank: 44th of 220)

Alexandra Amidon 45:39 (Age group rank: 2nd of 10, Gender rank: 8th of 101, Overall rank: 50th of 220)

Piece of Cake "5K" -- 2022-03-20

Aaron Trulock 19:49 (Age group rank: 1st of 6, Gender rank: 7th of 86, Overall rank: 7th of 176)

Liz Ozeki 21:03 (Age group rank: 1st of 5, Gender rank: 1st of 90, Overall rank: 12th of 176)

Meg Ryan 21:37 (Age group rank: 1st of 14, Gender rank: 3rd of 90, Overall rank: 15th of 176)

Melissa King 21:58 (Age group rank: 1st of 5, Gender rank: 4th of 90, Overall rank: 16th of 176)

Steven Andrews 23:41 (Age group rank: 2nd of 8, Gender rank: 17th of 86, Overall rank: 23rd of 176)

Sarah Flynn 26:56 (Age group rank: 3rd of 14, Gender rank: 13th of 90, Overall rank: 40th of 176)

Shamrock Half Marathon -- 2022-03-20

Chris Shaw 1:17:05 (Gender rank: 23rd of 2455, Overall rank: 24th of 6142)

Alex Booth 1:23:07 (Age group rank: 8th of 286, Gender rank: 52nd of 2455, Overall rank: 66th of 6142)

Laura Ramos 1:29:28 (Age group rank: 3rd of 544, Gender rank: 43rd of 3651, Overall rank: 163rd of 6142)

Jig Jog 5K -- 2022-03-19

John Ladesic 17:13.77 (Gender rank: 1st of 43, Overall rank: 1st of 75)

USATF Masters Indoor Championships 1 mile -- 2022-03-19

Mark Neff 5:11.79 (Overall rank: 5th of 16)

USATF Masters Indoor Championships 3000m -- 2022-03-18

Mark Neff 10:23.01 (Overall rank: 1st of 14)

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