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Montgomery County Road Runners Club

Ins & Outs - May 13, 2022

"We Are Running in Montgomery County"



Dear Members -

Ah, the busy month of May. May is a crazy month at MCRRC with races galore, including almost a "pre-pandemic" looking RMS calendar. Training programs are starting & we're starting to head back outdoors (if the weekend rain would ever stop, that is!)

I'd like to take a moment to thank everyone who came out to **Pike's Peek** in late April. It was so good to have Pike's back after two years off. I would also like to recognize our RD team for the 2022 race. Jean Arthur, who was the RD back in the day, agreed to return for this interim year, along with Susan Debad & Danny Talmage (who will be the primary RD beginning in 2023). Nothing of this size comes without hiccups, but the team resolved them all and we hope you had a great day. BIG thank you to the hundreds of volunteers needed to make this race possible!

It's a two-race weekend here at MCRRC. Saturday brings the return of **Kids on the Run**, another event that experienced a two-year hiatus! If you don't have plans for your 5 or older & don't mind the potential for a little rain, bring them out to Kids on the Run! There is still time to register. And even if you don't, come out & cheer on the kids! The marathon runners have been logging miles all month for their big finish on Saturday! We also end the weekend with **Run Aware** on Sunday, for all who love to tackle the trails! Trails not your thing? Sign up to volunteer instead. Information from both events can be found by visiting our website.

Registration is still open for our spring & now summer training programs, but it won't be for long. If you need MCRRC to help you with your spring/ summer training goals, we recommend you don't delay in signing up for one of these excellent club benefits.

Quick one from me today, folks, so get out & enjoy your weekend!

Ashley Zuraf
Executive Director

Upcoming Races & Race News

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 is open! Register [here](#).

May 30th - Memorial Day 4 Miler - Registration is open for non-members! Check out [our website](#) for more information. Volunteers are needed!

June 11th - Little Bennett XC - Registration is open for non-members! Check out [our website](#) for more information. Volunteers are needed!

June 18th - Run for Roses * Ladies only! - Registration is OPEN!** Check out [our new website](#) for more information & to register. Volunteers are needed!

June 18th - Suds & Soles - Registration is OPEN! Check out [our new website](#) for more information & to register. Volunteers are needed!

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

Training Tracks: SSL Hours Available!

By: Deb Levy

Did you know that MCRRC is an SSL-approved organization in Montgomery County?

While it takes many hands to put on a race, not all need to be adults. In fact, many volunteer positions may be staffed by a middle school or high school student. Volunteering for the activities leading up to a race or the race itself is a fun and rewarding way to earn Student Service Learning (SSL) Hours, which is a school requirement for these grade-levels. We all know the benefits of a healthy lifestyle and exercise and how demonstrating our love of running sets a great example for our children. Another great example we can share with our kids is being a volunteer in their community.

We've dedicated this edition's "Training Tracks" space to letting MCRRC Parents know about some upcoming opportunities in the club:

Suds & Soles, one of the club's largest races, is on Saturday, June 18, 2022 in the evening. Volunteer opportunities can be found [here](#). Some of the roles will allow a person to both volunteer before the race, and participate in the race, too. The most fun roles can be filled by students.

If your student is volunteering, it's always highly encouraged for them to have a completed SSL form on hand for the Volunteer Captain leader to sign. Forms may be found [here](#).

We look forward to seeing more of our younger community members get involved in the club!

Editor's Note: We are currently exploring the best method of keeping such opportunities posted on the Montgomery County Volunteer Center's [website](#) and hope to have some posted soon.



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 Race Spotlight: GERMANTOWN 5 MILER

Inspired by: Danny Talmage

The Germantown 5 Miler, a club tradition in its 20th, will post its final finish line this May 21st.

This long-standing race started out as a charity fundraiser for various charities in Germantown, presented by Seneca Creek Community Church. It was created to fill a void in events in the upper part of the county and to provide funds to various organizations in need such as Germantown Help, the Boys and Girls Club, and several others.

When the church moved to Gaithersburg and the race was at risk of being cancelled, founder and race director (and also club member), Danny Talmage, asked if MCRRC was interested in adding Germantown to the club calendar.

After becoming part of the MCRRC family, the race took on its own charity partner, Sports Plus. Sports Plus is an award-winning 501(c)3 non-profit organization that provides instructional sports, swim, camp, and social and pre-employment training to children, teens and young adults with mild to moderate Autistic-spectrum disorders as well as other disabilities. In addition to the 5-mile distance, the event also features a 1K for kids and a 2-mile Family Fun Run/Walk.



Due to an increase in businesses and traffic in the area of the race, and with the race reaching it's 20-year milestone, the race committee and director have decided to end on a high note and

say goodbye. It's been an incredible run and we are thankful to all who supported the event over the years. Once the final cone is picked up, RD Danny Talmage will drive off into the sunset (in the club van of course) as he seeks new challenges on the horizon in the form of just one small task: RD for the Pike's Peek 10K!

If you've never run Germantown or been a loyal participant over the years, we invite you to join us in the 20th and final running of the Germantown 5 Miler. [Registration](#) is still open for all events.

We hope to see you on May 21st!



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](#).

Competitive Racing Team Results

By: Nicolas Crouzier

Here are the team's results:

Frederick Half Marathon -- 2022-04-30

John Ladesic 1:17:21 (Age group rank: 3rd of 185, Gender rank: 9th of 1212, Overall rank: 9th of 2563)

Springburst 10K -- 2022-04-30

Brian Murphy 38:24.80 (Age group rank: 1st of 9, Gender rank: 4th of 46, Overall rank: 4th of 98)

Bill Loomis 46:40.80 (Age group rank: 1st of 7, Gender rank: 18th of 46, Overall rank: 19th of 98)

Pike's Peek 10K -- 2022-04-24

Chris Sloane 31:12 (Age group rank: 1st of 76, Gender rank: 1st of 615, Overall rank: 1st of 1328)

Nicolas Crouzier 31:25 (Age group rank: 2nd of 76, Gender rank: 2nd of 615, Overall rank: 2nd of 1328)

Steven Moore 34:15 (Age group rank: 1st of 85, Gender rank: 14th of 615, Overall rank: 14th of 1328)

Chris Shaw 34:33 (Age group rank: 2nd of 82, Gender rank: 15th of 615, Overall rank: 15th of 1328)

1328)

Stephen Varney 35:21 (Age group rank: 2nd of 85, Gender rank: 16th of 615, Overall rank: 16th of 1328)

Jim Dahlem 35:45 (Age group rank: 2nd of 82, Gender rank: 17th of 615, Overall rank: 17th of 1328)

Silvia Baage 36:23 (Age group rank: 1st of 142, Gender rank: 1st of 713, Overall rank: 21st of 1328)

Mark Neff 36:43 (Age group rank: 1st of 47, Gender rank: 21st of 615, Overall rank: 22nd of 1328)

Wiley Hemphill 37:17 (Age group rank: 4th of 42, Gender rank: 22nd of 615, Overall rank: 23rd of 1328)

Alex Booth 37:23 (Age group rank: 5th of 42, Gender rank: 24th of 615, Overall rank: 25th of 1328)

David Storper 37:26 (Age group rank: 5th of 82, Gender rank: 25th of 615, Overall rank: 26th of 1328)

Erin Kelman 37:47 (Age group rank: 6th of 82, Gender rank: 33rd of 615, Overall rank: 34th of 1328)

Liz Ozeki 38:37 (Age group rank: 1st of 64, Gender rank: 3rd of 713, Overall rank: 43rd of 1328)

Michelle Miller 38:57 (Age group rank: 3rd of 146, Gender rank: 4th of 713, Overall rank: 44th of 1328)

Joseph Krzystofik 39:29 (Age group rank: 8th of 42, Gender rank: 41st of 615, Overall rank: 45th of 1328)

Sean Napier 40:02 (Age group rank: 9th of 42, Gender rank: 45th of 615, Overall rank: 49th of 1328)

Paul Jacobson 40:13 (Age group rank: 2nd of 65, Gender rank: 49th of 615, Overall rank: 53rd of 1328)

Anna Bosse 41:07 (Age group rank: 1st of 39, Gender rank: 5th of 713, Overall rank: 66th of 1328)

Aaron Trulock 41:09 (Age group rank: 12th of 76, Gender rank: 62nd of 615, Overall rank: 67th of 1328)

Laura Ramos 42:12 (Age group rank: 4th of 146, Gender rank: 7th of 713, Overall rank: 81st of 1328)

Marty Horan 42:49 (Age group rank: 6th of 47, Gender rank: 85th of 615, Overall rank: 93rd of 1328)

Kristen Kelman 43:07 (Age group rank: 2nd of 64, Gender rank: 9th of 713, Overall rank: 98th of 1328)

Weiqun Zhou 43:41 (Age group rank: 8th of 47, Gender rank: 96th of 615, Overall rank: 105th of 1328)

Wayne Dunbar 44:20 (Age group rank: 5th of 65, Gender rank: 106th of 615, Overall rank: 118th of 1328)

Sarah Flynn 44:47 (Age group rank: 6th of 146, Gender rank: 14th of 713, Overall rank: 125th of 1328)

Mark Adams 45:05 (Age group rank: 11th of 47, Gender rank: 116th of 615, Overall rank: 132nd of 1328)

Peter Bandettini 45:39 (Age group rank: 7th of 65, Gender rank: 124th of 615, Overall rank: 142nd of 1328)

Steven Andrews 48:13 (Age group rank: 23rd of 85, Gender rank: 168th of 615, Overall rank: 199th of 1328)

Lisa Chilcote 49:19 (Age group rank: 4th of 101, Gender rank: 47th of 713, Overall rank: 233rd of 1328)

Andrea Marchesotti 49:41 (Age group rank: 9th of 110, Gender rank: 52nd of 713, Overall rank:

249th of 1328)

Chad Merrill 50:01 (Age group rank: 32nd of 85, Gender rank: 212th of 615, Overall rank: 267th of 1328)

Valor 5K -- 2022-04-23

John Ladesic 16:45.50 (Gender rank: 4th of 74, Overall rank: 4th of 157)

Boston Marathon -- 2022-04-18

Tom DiChara 2:35:15 (Age group rank: 16th of 1996, Gender rank: 244th of 14258, Overall rank: 263rd of 24829)

Josh Tierney 2:35:49 (Age group rank: 243rd of 4818, Gender rank: 266th of 14258, Overall rank: 286th of 24829)

Charlie Kim 2:57:57 (Age group rank: 1850th of 4818, Gender rank: 2567th of 14258, Overall rank: 2745th of 24829)

Wiley Hemphill 2:59:45 (Age group rank: 2088th of 4818, Gender rank: 3003rd of 14258, Overall rank: 3227th of 24829)

Brian Murphy 3:01:08 (Age group rank: 2219th of 4818, Gender rank: 3245th of 14258, Overall rank: 3499th of 24829)

Jeff Elkins 3:06:44 (Age group rank: 778th of 1996, Gender rank: 4123rd of 14258, Overall rank: 4542nd of 24829)

Joseph Krzystofik 3:07:36 (Age group rank: 2663rd of 4818, Gender rank: 4272nd of 14258, Overall rank: 4711th of 24829)

Ryan Hadley 3:08:59 (Age group rank: 875th of 1996, Gender rank: 4513th of 14258, Overall rank: 5010th of 24829)

Jeff Duyn 3:12:43 (Age group rank: 32nd of 1056, Gender rank: 5143rd of 14258, Overall rank: 5843rd of 24829)

Meg Ryan 3:17:08 (Age group rank: 146th of 1637, Gender rank: 1041st of 10571, Overall rank: 6961st of 24829)

Robert Palmer 3:19:13 (Age group rank: 1011th of 2296, Gender rank: 6290th of 14258, Overall rank: 7543rd of 24829)

Lisa Levin 3:19:22 (Age group rank: 90th of 1630, Gender rank: 1269th of 10571, Overall rank: 7586th of 24829)

Erica Singleton 3:19:57 (Age group rank: 999th of 4718, Gender rank: 1320th of 10571, Overall rank: 7737th of 24829)

Cindy Conant 3:21:12 (Age group rank: 7th of 451, Gender rank: 1463rd of 10571, Overall rank: 8073rd of 24829)

Aaron Trulock 3:24:02 (Age group rank: 3396th of 4818, Gender rank: 7034th of 14258, Overall rank: 8816th of 24829)

Rodney Rivera 3:25:39 (Age group rank: 1354th of 1996, Gender rank: 7272nd of 14258, Overall rank: 9229th of 24829)

Melissa King 3:30:01 (Age group rank: 1850th of 4718, Gender rank: 2595th of 10571, Overall rank: 10514th of 24829)

Sarah Byron Thomas 3:30:45 (Age group rank: 1906th of 4718, Gender rank: 2682nd of 10571, Overall rank: 10699th of 24829)

Julie Sapper 3:52:48 (Age group rank: 877th of 1630, Gender rank: 5701st of 10571, Overall rank: 16065th of 24829)

Capital for a Day 5K -- 2022-04-16

Nicolas Crouzier 15:50.07 (Age group rank: 1st of 5, Gender rank: 1st of 66, Overall rank: 1st of 119)

Chris Shaw 17:00.10 (Age group rank: 1st of 5, Gender rank: 2nd of 66, Overall rank: 2nd of 119)

Alex Booth 18:24.30 (Age group rank: 1st of 6, Gender rank: 4th of 66, Overall rank: 4th of 119)
Michelle Miller 19:23.87 (Age group rank: 1st of 6, Gender rank: 1st of 53, Overall rank: 8th of 119)
Anna Bosse 19:58.81 (Age group rank: 1st of 1, Gender rank: 2nd of 53, Overall rank: 9th of 119)
Liz Ozeki 20:01.69 (Age group rank: 1st of 4, Gender rank: 3rd of 53, Overall rank: 10th of 119)
Mark Adams 21:56.44 (Age group rank: 3rd of 6, Gender rank: 17th of 66, Overall rank: 21st of 119)
Weiqun Zhou 22:01.08 (Age group rank: 4th of 6, Gender rank: 19th of 66, Overall rank: 23rd of 119)

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