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Montgomery County Road Runners Club

Ins & Outs - June 17, 2022

"We Are Running in Montgomery County"



Dear Members -

Quick one from me today -- my internet seems to feel the same way about this heat as my dog does, so I want to get this out before anything else happens!

Big thank you to Monika Bachmann for a solid showing at the Little Bennett XC last weekend. Thank you to all the volunteers and participants who made that possible. Our low-key races are one of the prime benefits of MCRRC membership and we are incredibly grateful to our team. If you are a new member and you haven't checked out a low-key race yet, definitely plan to do so in the very near future. These events are... well, low-key, but high quality with professional timing and the best & most encouraging volunteers around!

We have a two-race-day tomorrow here at MCRRC with Run for Roses (ladies only!) in the morning and Suds & Soles in the evening. We realize days like this are a HUGE ask of our volunteers and we are so thankful to everyone of you. If there is anyone out there pulling double duty, well - hats off to you! There is still time to register for both events (right up to the start) so if you find yourself with nothing to do, check them out! Both events are premium (paid) races, but they're well worth it. Does it help if I tell you it's going to be in the 70's tomorrow? It's hard to believe after a day like today.

We are pleased to welcome back Cadence this week, pulled together by our fantastic Inclusion and Equity Committee, as well as Member Spotlight, which is our new contributing writer Beth's debut to Ins & Outs! She is ready to keep this on the regular so if you would like to be featured, or know someone who would like to be, please fill out the [Google Form](#) for an upcoming issue!

Finally, congratulations & HAPPY SUMMER to all our kiddos riding out their last day of school today. We hope you have an incredible summer and have a wonderful long weekend, MCRRC!

Ashley Zarat

Upcoming Races & Race News

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!

July 8th - Midsummer Night's Mile - Permits are approved & registration opening soon!

July 10th - Country Road Run - TEMPORARY DATE! NEW LOCATION! Registration is OPEN for non-members! Check out [our website](#) for more information. Volunteers are needed!

July 16th - Matthew Henson Trail 5K - Permits & registration pending.

July 31st - Riley's Rumble Half-Marathon - Registration is OPEN for non-members! Check out [our website](#) for more information. Volunteers are needed!

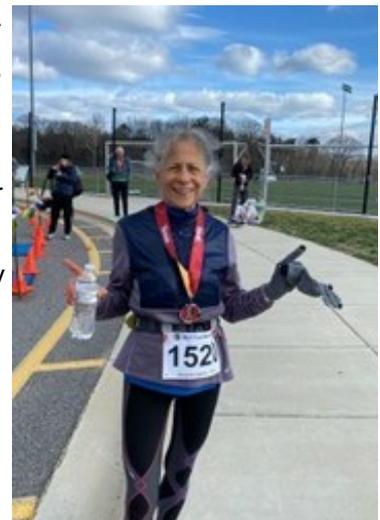
Sept. 11th - Parks Half Marathon - Registration is OPEN! Check out [our website](#) for more information & to register! Volunteers are needed!

Nov. 12th - Stone Mill 50 Mile - Registration is OPEN! Check out [our website](#) for more information & to register. Volunteers are needed!

Member Spotlight: JUDITH SITKIN-PORZEL

Overall Wellness

Summer is officially almost here, with the longest day of the year spreading its fingers around the world and pulling back the clouds every morning. The heat and humidity remind us of the goodness in a glass of water and fresh fruit, and of the satisfaction that a purposeful sweat brings. Communities shine brighter and laughter can be heard outside again, along with the birds trilling and insects buzzing that accompany you on a trail run. You could say summer is all about community and coming together.





This communal aspect is a constant thread in Judith's running story. She reminds us that belonging, physical fitness, and gratitude are all equal parts to our wellness picture, and how MCRRC helps contribute to each of these pieces of her life.

Thank you, Judith, for this reminder of our interconnectedness.

Age Group: 70-79

Where do you live? Upper Silver Spring, Maryland

What is your day job? Currently retired - living life on my timeline.

Other than running, what are your hobbies and talents?

I love:

- running for the social and nature opportunities as well as physical benefits
- learning more each day about my plant based food plan/ recipes, and health benefits
- hiking in this gorgeous state of Maryland
- dancing - though I'm not doing it as much lately
- Hospice and volunteering at Olney Help
- (got a garden coach) just planted my first ever garden **deer stay away please
- reading and movies for the messages they communicate to me
- daily work on my 12 step program of Recovery!

What motivates you to run?

Gratitude that I am able to run, the amazing physical benefits, excellent lab results, coaching most of the programs I do, the exhilaration after the run and encouraging myself outside of my "comfort" zone.

When did you get started running?

March 2014 - BWR

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

Being part of a caring, community conscious healthy organization-plus all the lifelong friends I have made!

What is your favorite MCRRC Training Program?

I love every program and this year I followed the directions to the tee in SDP and it truly has shifted my strength and endurance

What is your favorite MCRRC Low-Key race?

Never thought I would say this so there you go on all the gifts of running—the Going Green and track races plus New Year's Day which starts my year off in the absolute right direction.

What is your favorite volunteer position?

Coaching, registration and refreshments where I meet new people and connect with running buddies

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

Historically, Coach Gwen, helping me succeed in my first half marathon. Coach Wanda—and actually all my coaches and awesome program directors...you know who you are.

What's your preferred race distance?

I think I can now say 13.1

What was your best race experience?

B&A and Frederick Half

What was your worst race experience?

Sadly (still haunts me just a tad) 2016 - MCM. God Bless Coach Flo.

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

Not sure but maybe 2014 Run for the Roses which was my goal race for BWR- mostly because I was so into the noise in my head rather than trusting my training.

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

A well fit man was running Pikes Peek a few years ago with a backpack under his shirt in the front. When we asked him what he was doing- he said his wife was pregnant and he wanted to commiserate and experience what it was like running during pregnancy.

What is your favorite running gear?

My microfiber running towel (can't leave home without it) and my Altra / New Balance running shoes and cushy,comfy running socks!

How do you reward yourself after a hard workout?

Thank God and eat a nutritional, satisfying meal. Plus, if the run is in the AM, finishing my morning Java.

What is your favorite running spot in MoCo?

Honestly, I love all the running places in the county.

What running goals do you have?

Right now it is a secret even to me.

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:

Little Bennett Cross Country "10K" -- 2022-06-11

Nicolas Crouzier 34:58.36 (Age group rank: 1st of 5, Gender rank: 1st of 59, **Overall rank: 1st of 83**)

Ryan Johnson 38:23.94 (Age group rank: 1st of 4, Gender rank: 2nd of 59, **Overall rank: 2nd of 83**)

Chris Shaw 39:44.55 (Age group rank: 1st of 11, Gender rank: 3rd of 59, **Overall rank: 3rd of 83**)

Alex Booth 40:44.78 (Age group rank: 3rd of 4, Gender rank: 5th of 59, Overall rank: 5th of 83)

Jim Dahlem 40:50.98 (Age group rank: 2nd of 11, Gender rank: 7th of 59, Overall rank: 7th of 83)

Michelle Miller 43:19.88 (Age group rank: 2nd of 9, Gender rank: 2nd of 24, Overall rank: 11th of 83)

Robert Palmer 43:42.92 (Age group rank: 3rd of 11, Gender rank: 10th of 59, Overall rank: 12th of 83)

Adrian Spencer 44:03.82 (Age group rank: 2nd of 5, Gender rank: 11th of 59, Overall rank: 13th of 83)

Liz Ozeki 45:22.48 (Age group rank: 1st of 3, Gender rank: 3rd of 24, Overall rank: 15th of 83)

Mark Adams 48:21.48 (Age group rank: 2nd of 5, Gender rank: 22nd of 59, Overall rank: 26th of 83)

Weiqun Zhou 54:19.71 (Age group rank: 3rd of 5, Gender rank: 34th of 59, Overall rank: 42nd of 83)

parkrun College Park -- 2022-06-11

Alexandra Amidon 22:43 (Gender rank: 2nd of 42, Overall rank: 10th of 87)

Bel Air Town 5K Run -- 2022-06-05

Chris Shaw 16:37.16 (Age group rank: 2nd of 3, Gender rank: 18th of 246, Overall rank: 18th of 680)

Ironman 70.3 Blue Ridge -- 2022-06-05

Bryan Rivera 4:49:36 (Age group rank: 3rd of 159, Gender rank: 19th of 1089, Overall rank: 20th of 1544)

Ryan Hadley 5:02:00 (Age group rank: 11th of 155, Gender rank: 55th of 1089, Overall rank: 60th of 1544)

parkrun College Park -- 2022-06-04

Taylor Williamson 18:02 (Gender rank: 3rd of 65, Overall rank: 3rd of 134)

parkrun Kensington -- 2022-06-04

Liz Ozeki 19:09 (Gender rank: 1st of 32, Overall rank: 2nd of 68)

Wiley Hemphill 20:22 (Gender rank: 5th of 36, Overall rank: 6th of 68)

Cindy Conant 21:19 (Gender rank: 3rd of 32, Overall rank: 9th of 68)

Bolder Boulder 10K -- 2022-05-30

Armand Silva 38:37.71 (Age group rank: 6th of 272, Gender rank: 286th, Overall rank: 311th)

Loudoun Street Mile -- 2022-05-30

Sean Napier 5:18.90 (Age group rank: 3rd of 11, Gender rank: 48th of 208, Overall rank: 59th of 332)

Peter Bandettini 5:38.06 (Age group rank: 1st of 8, Gender rank: 64th of 208, Overall rank: 83rd of 332)

Laura Ramos 6:01.80 (Age group rank: 4th of 13, Gender rank: 31st of 125, Overall rank: 115th of 332)

Memorial 4 Miler -- 2022-05-30

Nicolas Crouzier 20:30.67 (Age group rank: 1st of 11, Gender rank: 1st of 131, Overall rank: 1st of 251)

Alex Booth 23:57.12 (Age group rank: 2nd of 6, Gender rank: 3rd of 131, Overall rank: 3rd of 251)

Taylor Williamson 24:09.35 (Age group rank: 1st of 11, Gender rank: 5th of 131, Overall rank: 5th of 251)

Jim Dahlem 24:22.74 (Age group rank: 1st of 11, Gender rank: 6th of 131, Overall rank: 7th of 251)

Frank Perna 24:59.93 (Age group rank: 2nd of 17, Gender rank: 11th of 131, Overall rank: 12th of 251)

Liz Ozeki 25:02.70 (Age group rank: 1st of 7, Gender rank: 2nd of 120, Overall rank: 13th of 251)

Michelle Miller 25:35.99 (Age group rank: 2nd of 21, Gender rank: 3rd of 120, Overall rank: 16th of 251)

Brian Murphy 25:38.34 (Age group rank: 2nd of 11, Gender rank: 14th of 131, Overall rank: 17th of 251)

Gene Park 25:55.34 (Age group rank: 2nd of 11, Gender rank: 15th of 131, Overall rank: 18th of 251)

Robert Palmer 26:07.21 (Age group rank: 2nd of 11, Gender rank: 16th of 131, Overall rank: 19th of 251)

Paul Jacobson 26:39.05 (Age group rank: 3rd of 17, Gender rank: 20th of 131, Overall rank: 23rd of 251)

Erica Singleton 27:54.29 (Age group rank: 1st of 7, Gender rank: 5th of 120, Overall rank: 33rd of 251)

Meg Ryan 28:02.21 (Age group rank: 4th of 21, Gender rank: 6th of 120, Overall rank: 35th of 251)

Melissa Rittenhouse 28:28.31 (Age group rank: 2nd of 19, Gender rank: 8th of 120, Overall rank: 41st of 251)

Sarah Flynn 31:17.56 (Age group rank: 6th of 21, Gender rank: 12th of 120, Overall rank: 68th of 251)

Andrea Marchesotti 32:01.38 (Age group rank: 3rd of 19, Gender rank: 14th of 120, Overall rank: 74th of 251)

Memorial Mile -- 2022-05-30

Mark Neff 5:05.60 (Age group rank: 1st of 7, Gender rank: 14th of 46, Overall rank: 15th of 64)

Run for the Pineapple 5K -- 2022-05-30

Mark Adams 22:19 (Age group rank: 1st of 14, Gender rank: 19th of 157, Overall rank: 24th of 434)

ChadTough Defeat DIPG 6K -- 2022-05-29

Julie Sapper 27:40 (Age group rank: 1st of 56, Gender rank: 1st of 305, Overall rank: 8th of 519)

Holy Cowan's Gap 50K -- 2022-05-29

Erin Kelman 5:42:00 (Overall rank: 1st of 38)

Kristen Kelman 7:24:00 (Gender rank: 3rd, Overall rank: 12th of 38)

Masser 5 Miler -- 2022-05-29

Cindy Conant 34:13.50 (Age group rank: 1st, Gender rank: 5th of 95, Overall rank: 16th of 180)

parkrun College Park -- 2022-05-28

Nicolas Crouzier 15:16 (Gender rank: 1st of 77, Overall rank: 1st of 175)

Brian Murphy 18:57 (Gender rank: 4th of 77, Overall rank: 4th of 175)

Michelle Miller 19:22 (Gender rank: 1st of 89, Overall rank: 6th of 175)

Meg Ryan 20:54 (Gender rank: 2nd of 89, Overall rank: 9th of 175)

parkrun Kensington -- 2022-05-28

Liz Ozeki 19:09 (Gender rank: 1st of 32, Overall rank: 3rd of 67)

Chad Merrill 19:56 (Gender rank: 3rd of 33, Overall rank: 5th of 67)

Rock 'n' Roll Atlantic City 5K -- 2022-05-14

Armand Silva 17:48 (Age group rank: 2nd of 30, Gender rank: 3rd of 255, Overall rank: 3rd of 707)

Candence

The Beat from MCRRC's Inclusion and Equity Committee

In this edition of Cadence, MCRRC member, Geoffrey Mason, reflects on his experience with a DC-based, non-MCRRC event that he ran last year, commemorating Juneteenth. This Juneteenth weekend is busy for the club, so as you run or volunteer at MCRRC races, we ask that you find a way to celebrate June 19, recognized as the actual day slavery ended in the United States.

Reflecting on Juneteenth Half Marathon 2021 by Geoffrey Mason

"Thank you for signing up to participate in this Juneteenth run! We are hours away from an epic time of jubilee, celebrating the Juneteenth holiday--commemorating the date (June 19, 1865) when Union General Gordon Granger arrived in Galveston, Texas to formally declare the freedom of all formerly enslaved African Americans. This date is widely regarded as the 'actual' end of slavery in the United States—some 30 months following the Emancipation Proclamation." From Juneteenth Half Marathon Organizers, 6/2021



To mark this new federal holiday last year, I joined the spirited Juneteenth Half Marathon through Southeast Washington on the Civil War Defenses Trail starting at 6:19 in the morning. This event brought together a diverse group of runners to reflect on the significance of this special day as we ran past the Civil War Forts that circle the city. The message was one of strength, hope, and struggle.

After some group stretches and reflections, we soon were running on a rough dirt trail through the woods

of SE DC. A long string of runners wound through forest slowing only to scramble over a giant downed tree blocking the trail. The morning air was thick and humid, as the competitors raced along the hilly trail. Despite the ongoing pandemic, a spirit of hope and community prevailed.

At nearly 13 miles the dirt trail ended at the Anacostia Community Museum and I thought the run was over. But the course kept going, down the street, through the neighborhood, then up a tremendously steep hill. Gasping for air as I struggled uphill, the street ended abruptly in a trail that continued into the woods. Finally, I popped out of the trees to finish where a small crowd cheered me on. Despite being out of breath and drenched with sweat, the organizer gave me a big hug. I told him the race was awesome, but the last hill was rough. He responded, "YES, the hill was brutal...as is the road to freedom. I always intertwine the metaphorical journey with the physical journey on runs that I put together."





The Juneteenth Half Marathon and 10k will be happening again, tomorrow, Saturday, June 18th, 2022. For more details, please [see the website HERE.](#)

Photo Captions & Credits: Photo #1 and #2 - "Runners head out in the 2021 Juneteenth Half Marathon." Photo #3 - "Runner greeted by enthusiastic crowd at the finish." Photos by Danelle Hankins @3strikephotos

As we continue to roll-out the [MCRRC Values Statement](#), we invite you to join our conversations, and/or suggest an idea for a future I&E discussion. Please reach out to diversity@mcrc.org.

Fun Fact: You CAN Mail a Coconut from Hawaii!

No, seriously, JUST the coconut, no packaging required. Only an address and postage is needed. You can make it a canvas for your artwork or poetry, write a message on it, make it beautiful, and then mail it! It must be an older dried-out unhusked coconut (pictured) or you might need an agricultural inspection before mailing. So next time you're in Hawaii, why not send a coconut to your loved ones instead of a postcard? (Mailing cost is approximately \$12-\$20, depending on the weight of the coconut.) I do love fresh coconut, so please remember me if you have any plans to go to Hawaii this summer!



[More info](#)

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