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## Montgomery County Road Runners Club

### Ins & Outs - June 3, 2022

*"We Are Running in Montgomery County"*



Dear Members -

Hello, summer! In true MD-DC-NOVA fashion, we went straight from cold to oppressively hot. If you're new to running, now is a good time to chat with your coach or your more seasoned running friends about proper hydration and nourishment, as well as gear, as we head into summer training. The most important thing is to stay safe out there in the heat and to know when to call it a day. It's always a good idea to do your research, talk with your doctor, and learn the early signs of heat-related illness -- not only for you, but for your fellow running partners. Check that out during your poolside reading!

As mentioned in the last Ins & Outs, May is one of our busiest months at MCRRC. Since the last newsletter, we have done some racing! Congratulations to Bernard Kelly on another successful Run Aware as well as Dan Rubin for bringing back Kids on the Run after a two-year hiatus. Congratulations to all the kids who participated in both events as well as to all finishers. Danny Talmage brought us the 20th and final running of the Germantown 5 Miler. While it was bittersweet, we appreciate Danny's recognition of the challenges of this course and thank him for all his years of service! Rounding out the month of May, was a fantastic Memorial Day 4 Miler! Big thanks to Wendy Young and her assistant Brad Stewart (c'mon, we all know he's really just the 'brawn' behind Wendy's brains - at least that's what we tell him). We also recognize that busiest times also bring our heaviest volunteer lift. Thank you to all the wonderful volunteers!

Not everyone is aware that MCRRC provides services for the Rockville Youth Track (spring) and XC (fall) - one of those services being volunteers to staff the event. Volunteers are not always easy to find. I received an email this week from one of those volunteers, telling me what a rewarding experience they found their time at Rockville Youth Track to be. It was so nice to hear this and I asked her to tell her running friends and fellow club members about her experience. Volunteerism is the heart & soul of MCRRC. We simply can't function without volunteers. "Rewarding" is something we hope all volunteers feel when they're out there on the course. If you haven't been a race volunteer yet or if you are a new member looking to meet new running friends, please consider volunteering. We certainly aim to provide you all with a "rewarding experience."

Aside from this, we have a very short newsletter this week, but look forward to welcoming

back our Member Spotlight in the coming issues! We have a new contributing editor to Ins & Outs: Beth B., who will be seeking out members to feature in her new Member Spotlight. We are so happy to have Beth on board to help and utilize her creative writing skills. 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 of Ins & Outs!

Have a wonderful weekend, MCRRC!



Ashley Zuraf  
Executive Director

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## Upcoming Races & Race News

**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!

**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!

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## Training Tracks: FRIDAYS IN MONTGOMERY VILLAGE

Looking for a fun way to build or add-on to your mileage base as we venture into summer training?

Consider MCRRC's newest weekly group run that meets at 6:30am each Friday at Patsy Huson Ballfield on Fulks Farm Road in East Montgomery Village for a scenic and easy 4-6 miles with

an equally easy going group of Club members.

Feel free to contact group coordinator Mike Acuña with any questions or find the groups WhatsApp page at <https://chat.whatsapp.com/Gmk71noc3CjENs6fdEnA0r>

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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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## Competitive Racing Team Results

By: Nicolas Crouzier

Here are the team's results:

### Fountainhead Half Marathon -- 2022-05-22

Adrian Spencer 1:43:36 (Age group rank: 1st of 44, Gender rank: 1st of 132, Overall rank: 1st of 174)

### Germantown 5 Miler -- 2022-05-21

Chris Shaw 30:00 (Age group rank: 1st of 9, Gender rank: 5th of 88, Overall rank: 5th of 163)

Brian Murphy 31:10 (Age group rank: 2nd of 5, Gender rank: 7th of 88, Overall rank: 7th of 163)

Erin Kelman 32:10 (Age group rank: 2nd of 9, Gender rank: 8th of 88, Overall rank: 9th of 163)

Liz Ozeki 32:38 (Age group rank: 1st of 12, Gender rank: 2nd of 74, Overall rank: 12th of 163)

Paul Jacobson 33:51 (Age group rank: 1st of 9, Gender rank: 11th of 88, Overall rank: 13th of 163)

Kristen Kelman 34:30 (Age group rank: 2nd of 12, Gender rank: 3rd of 74, Overall rank: 15th of 163)

Bill Loomis 37:44 (Age group rank: 2nd of 10, Gender rank: 22nd of 88, Overall rank: 27th of 163)

Alexandra Amidon 41:25 (Age group rank: 4th of 12, Gender rank: 7th of 74, Overall rank: 41st of 163)

### In Their Shoes 5K -- 2022-05-21

Laura Ramos 20:15 (Gender rank: 1st of 70, Overall rank: 7th of 143)

### parkrun Kensington -- 2022-05-21

Robert Palmer 20:10 (Gender rank: 3rd of 32, Overall rank: 3rd)

Cindy Conant 21:46 (Gender rank: 1st of 19, Overall rank: 7th of 51)

### USATF Masters 1 Mile National Championships -- 2022-05-20

Mark Neff 5:13 (Age group rank: 4th of 19, Gender rank: 35th of 123)

### Run Aware 5K -- 2022-05-15

Chris Shaw 20:28.47 (Age group rank: 1st of 10, Gender rank: 3rd of 84, Overall rank: 3rd of 124)

Alex Booth 20:39.87 (Age group rank: 2nd of 5, Gender rank: 4th of 84, Overall rank: 4th of 124)

David Storper 22:01.24 (Age group rank: 2nd of 10, Gender rank: 7th of 84, Overall rank: 7th of 124)

Michelle Miller 22:16.18 (Age group rank: 1st of 7, **Gender rank: 1st of 39**, Overall rank: 8th of 124)

Nicolas Crouzier 22:18.15 (Age group rank: 2nd of 8, Gender rank: 9th of 84, Overall rank: 10th of 124)

Brian Murphy 22:28.14 (Age group rank: 3rd of 8, Gender rank: 11th of 84, Overall rank: 12th of 124)

Liz Ozeki 22:33.68 (Age group rank: 1st of 5, **Gender rank: 2nd of 39**, Overall rank: 13th of 124)

Robert Palmer 22:55.07 (Age group rank: 3rd of 10, Gender rank: 15th of 84, Overall rank: 17th of 124)

Marty Horan 24:25.86 (Age group rank: 1st of 8, Gender rank: 20th of 84, Overall rank: 22nd of 124)

Mark Adams 24:33.50 (Age group rank: 2nd of 8, Gender rank: 22nd of 84, Overall rank: 24th of 124)

Weiqun Zhou 27:11.79 (Age group rank: 4th of 8, Gender rank: 33rd of 84, Overall rank: 35th of 124)

Sarah Flynn 27:41.59 (Age group rank: 2nd of 7, Gender rank: 4th of 39, Overall rank: 42nd of 124)

#### **Feed Fairfax 5K -- 2022-05-14**

Michelle Miller 19:18 (Gender rank: 2nd of 170, **Overall rank: 3rd of 303**)

#### **Ashburn Village Fiesta 10K -- 2022-05-07**

Melissa King 44:15 (**Gender rank: 1st of 41**, Overall rank: 5th of 72)

#### **parkrun College Park -- 2022-05-07**

Alex Booth 17:58 (Gender rank: 2nd of 30, **Overall rank: 2nd of 52**)

Lisa Chilcote 23:13 (**Gender rank: 1st of 22**, Overall rank: 9th of 52)

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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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