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## Montgomery County Road Runners Club

**Ins & Outs - July 8, 2022**

*"We Are Running in Montgomery County"*



Dear Members -

Hoping you all had a wonderful and safe 4th of July!

Since the last newsletter, we had a wonderful "double feature" with both Run for Roses and Suds and Soles on June 18th.

HUGE thank you to the race directors, Christina Caravoulis (with help from Sethiya Um) and Brian Murphy, as well as all the volunteers and timing team (some who pulled double duty) for their roles in putting together two awesome races.

We have another exciting weekend here at MCRRC, kicking off tonight with our annual Midsummer Night's Mile at Gaithersburg High School. This rare Friday evening event is incredible and a long-standing MCRRC tradition. If you are new to the club or have never participated in this mile race before, please come out. You do NOT have to be a fast runner (though they will be there & are super fun to watch). There is a heat for everyone! The mile is such an infrequently run distance - half the fun is to just see what you can do. How much stronger has your training made you? Tonight is the perfect test, so come out & have a great time with your fellow club members!

Sunday will offer a lovely 5K at Calleva Farms in Dickerson - this is the rescheduled Country Road Run, which usually takes place in the winter. The race needed a new home and it took awhile to find a suitable location and pull together those logistics. Big, huge, giant thank you to our race directors and timing team, especially Karen Kincer, for figuring out a way to make this work. This race is at the far edge of the county, so plan to map that out before making your morning plans, as extra travel time will be necessary for most county locations. But that being said, what you ARE guaranteed is a lovely morning at a truly rural location featuring a big red barn, animal sightings and the most country a road race can be in this magnificent county! Please plan to come out & run to show your support for all the efforts of our team in making this happen.

As for training, the Fall 5K Run/ Walk Program is now OPEN and 10K won't be far behind! Keep an eye on our website for the opening of the 10K Program. The Fall 5K Run/ Walk is perfect for beginners, folks coming off a hiatus or injury or a walker looking to transition into a runner. It really offers an opportunity for any level of fitness. Check out the program webpage and consider signing up to participate today!

Not a lot of content in this week's edition of Ins & Outs. Summer has definitely started with a bang for our contributors, myself included, and our brains are busy & tired. The next edition, scheduled for Friday, July 22nd, will feature the return of many of your favorite columns, so stay tuned!

Have a great weekend, MCRRC!



Ashley Zuraf  
Executive Director

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## Upcoming Races & Race News

**July 8th - Midsummer Night's Mile** - **Registration is OPEN** for non-members! Check out [our website](#) for more information.

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

**July 16th - Matthew Henson Trail 5K** - **Registration is OPEN** for non-members! Check out [our website](#) for more information. Volunteers are needed!

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

**August 6th - Going Green Track Meet** - **Registration is OPEN** for non-members! Check out [our website](#) for more information. Volunteers are needed!

**August 14th - Groovin' Woodstock 7K XC** - **Registration is OPEN** for non-members! Check out [our website](#) for more information. Volunteers are needed!

**August 20th - Eastern County 8K** - *permits & registration pending.*

**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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## Competitive Racing Team Results

*By: Nicolas Cruzier*

Here are the team's results:

### **Blue Crab Bolt Trail Run - Seneca Creek 5K -- 2022-06-25**

Mark Adams 27:57 (Age group rank: 1st of 5, Gender rank: 8th of 55, Overall rank: 9th of 133)

**Dawson's Father's Day 10K -- 2022-06-19**

Cindy Conant 42:06.90 (Age group rank: 1st of 11, Gender rank: 2nd of 73, Overall rank: 27th of 209)

**Garry Bjorklund Half Marathon -- 2022-06-18**

Chris Sloane 1:09:29 (Age group rank: 7th of 396, Gender rank: 39th of 2716, Overall rank: 39th of 7006)

Silvia Baage 1:19:14 (Age group rank: 1st of 603, Gender rank: 24th of 4284, Overall rank: 153rd of 7006)

**Grandma's Marathon -- 2022-06-18**

Monika Schneider 3:28:45 (Age group rank: 48th of 368, Gender rank: 310th of 2550, Overall rank: 1214th of 5956)

**Suds & Soles 5K -- 2022-06-18**

Nicolas Crouzier 15:37 (Age group rank: 1st of 71, Gender rank: 2nd of 371, Overall rank: 2nd of 710)

Scott Kavoojian 17:09 (Age group rank: 2nd of 71, Gender rank: 9th of 371, Overall rank: 9th of 710)

Chris Shaw 17:23 (Age group rank: 3rd of 112, Gender rank: 11th of 371, Overall rank: 11th of 710)

Ryan Hadley 17:40 (Age group rank: 4th of 112, Gender rank: 12th of 371, Overall rank: 13th of 710)

Adrian Spencer 17:48 (Age group rank: 3rd of 71, Gender rank: 13th of 371, Overall rank: 14th of 710)

Taylor Williamson 17:54 (Age group rank: 5th of 112, Gender rank: 14th of 371, Overall rank: 15th of 710)

Jim Dahlem 17:59 (Age group rank: 6th of 112, Gender rank: 15th of 371, Overall rank: 16th of 710)

Mark Neff 18:01 (Age group rank: 1st of 42, Gender rank: 16th of 371, Overall rank: 17th of 710)

Alex Booth 18:11 (Age group rank: 4th of 71, Gender rank: 17th of 371, Overall rank: 18th of 710)

Roman Gurule 18:25 (Age group rank: 7th of 112, Gender rank: 19th of 371, Overall rank: 20th of 710)

Erin Kelman 18:32 (Age group rank: 9th of 112, Gender rank: 22nd of 371, Overall rank: 23rd of 710)

Armand Silva 18:35 (Age group rank: 6th of 71, Gender rank: 23rd of 371, Overall rank: 24th of 710)

Wiley Hemphill 18:40 (Age group rank: 7th of 71, Gender rank: 24th of 371, Overall rank: 25th of 710)

Joseph Krzystofik 19:00 (Age group rank: 8th of 71, Gender rank: 26th of 371, Overall rank: 28th of 710)

Kristen Kelman 19:01 (Age group rank: 2nd of 91, Gender rank: 3rd of 337, Overall rank: 29th of 710)

Michelle Miller 19:06 (Age group rank: 1st of 116, Gender rank: 4th of 337, Overall rank: 32nd of 710)

Gene Park 19:19 (Age group rank: 1st of 61, Gender rank: 29th of 371, Overall rank: 33rd of 710)

Jeff Elkins 19:21 (Age group rank: 10th of 112, Gender rank: 30th of 371, Overall rank: 34th of 710)

Liz Ozeki 19:27 (Age group rank: 3rd of 91, Gender rank: 5th of 337, Overall rank: 35th of 710)

Robert Palmer 19:30 (Age group rank: 11th of 112, Gender rank: 31st of 371, Overall rank: 36th of 710)  
Kelly Dunston 20:21 (Age group rank: 17th of 112, Gender rank: 41st of 371, Overall rank: 46th of 710)  
Paul Jacobson 20:36 (Age group rank: 3rd of 61, Gender rank: 45th of 371, Overall rank: 50th of 710)  
Melissa King 20:48 (Age group rank: 2nd of 33, Gender rank: 6th of 337, Overall rank: 54th of 710)  
Laura Ramos 20:53 (Age group rank: 2nd of 116, Gender rank: 7th of 337, Overall rank: 55th of 710)  
Sarah Flynn 21:47 (Age group rank: 4th of 116, Gender rank: 10th of 337, Overall rank: 72nd of 710)  
Lisa Levin 21:49 (Age group rank: 5th of 116, Gender rank: 11th of 337, Overall rank: 73rd of 710)  
Alexandra Amidon 22:14 (Age group rank: 5th of 91, Gender rank: 12th of 337, Overall rank: 84th of 710)  
Mark Adams 22:17 (Age group rank: 6th of 42, Gender rank: 75th of 371, Overall rank: 88th of 710)  
Bill McNary 33:46 (Age group rank: 83rd of 112, Gender rank: 287th of 371, Overall rank: 464th of 710)

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## Member Moments

Did you know that MCRRC isn't just comprised of runners? Many of our members are multi-sport athletes!

MCRRC would like to congratulate club members Michele Potter, Chuck Potter, Gina Acuna and Patty Clifford for their performances at Eagleman 70.3 (triathlon) in June. Through my own experience in this event, I know the water is murky & choppy (they don't call it the Choptank River for nothing, after all) and the weather HOT. Not an easy day. Way to go, guys!

Congratulations to all who participated!

Michele Potter 55-59 5:39 10/61 AG  
Chuck Potter 50-55 5:42 60/161 AG  
Gina Acuna 55-59 7:58 51/54 AG  
Patty Clifford 60-64 6:24 10/26 AG



*Michele & Chuck Potter, Facebook*

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*Recently married? New job? New baby? PR? Share your member moments (running-related or not) with us! Please contact [office@mcrrc.org](mailto:office@mcrrc.org) with your exciting news so we can mention it in an upcoming edition of *Ins & Outs*!*

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## Stay Informed!

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latest club news!

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