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Montgomery County Road Runners Club

Ins & Outs - October 7, 2022

"We Are Running in Montgomery County"



Dear Members -

We hope you all survived this wet week, full of cancelled sports, general sloppiness and chill! While this was a mere nuisance to us, our hearts are with those in the south who experienced complete devastation. I cannot fathom the loss that some experienced and hope they are on the road to recovery soon. It sure was nice to see the sun again.

We have entered the last quarter of the year and our last handful of races. Big thank you to Reaya Reuss and her crew of amazing volunteers for the Black Hill 10K last weekend. With some late changes blamed on permitting/ shelter availability, Reaya was able to pivot and figure things out on short notice. Thank you to a great team and to all who came out to support the race! Also worth noting was the HUGELY successful Cabin John Kids Run, which basically doubled prior years' participation. BIG kudos to RD Andrea Keane-Myers and her team for pulling off a very fun morning for our young runners.

The race committee is hard at work on the 2023 race calendar, which is always a process. We know you like to get organized for the upcoming year and will have something out to you soon. Hang in there while they do their checking, balancing & sorting!

The club had a great showing at the Kemp Mill Community Day this past weekend. Thank you to Jefferson Lunsford and his crew of volunteers/ MCRRC Influencers in representing our club. More on that below. I also hope you'll take a few moments to read Jim Dahlem's piece in this newsletter about nominating the "best of our best" for some pretty important RRCA honors.

Now that it's October, we want to remind all members that the club is hosting a Marine Corp Marathon Hospitality Suite. We understand the new Crystal City location is not ideal, but changes to the race in the past few years including additional security and earlier road closures have made it impossible to host the suite in Rosslyn as we're used to. With that, the club will not be coordinating a bus to the suite this year. The new hotel has been great to work with and we do hope you will consider sharing your race day with fellow club members. What we CAN promise, is the commraderie and energy of

hospitality suites past. Please read below for more information on the 2022 suite.

Finally, if you are a new member in particular, stay tuned to the next issue of *Ins & Outs*, scheduled for Friday, October 21st, as I will offer a more thorough explanation of our member bib & chip process as we approach the new year!

Have a great weekend, MCRRC!



Ashley Zuraf
Executive Director

Upcoming Races & Race News

Oct. 16th - XC on the Farm - Registration is OPEN for non-members! Check out the [race website](#) for more information. Volunteers are needed!

Nov. 6th - Rockville 10K/ 5K - 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!

Nov. 19th - Run Under the Lights* - Registration opens FRIDAY 10/14. Check out [our website](#) for more information & to register. Volunteers are needed! **Registration will open on the 14th.**

Nov. 26th - Turkey Burnoff - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed!

Dec. 4th - Seneca Slopes XC - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed!

Dec. 11th - Jingle Bell Jog - Registration is OPEN for non-members! Check our the [race webpage](#) for more information. Volunteers are needed!

****Editor's Note:** In the last two editions of *Ins & Outs*, the registration opening date for Run Under the Lights, was incorrect. REGISTRATION WILL OPEN ON FRIDAY, OCTOBER 14th! In the past, this race has sold out in a few hours, though recently that has been more manageable. Just in case, don't delay on this one, folks! We must adhere to the strict registration limit dictated by our permit. I cannot accept threats, bribes, or promises of financial windfall... though depending on how much you are offering, we may be able to come to an agreement!*

Member Spotlight: WHO'S NEXT?

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](#).

You're Invited!



Please join us for a **MEMBER APPRECIATION HAPPY HOUR** on Thursday, October 20th from 5-8pm at Lone Oak Brewery in Olney!

We have planned an evening of music, outdoor games, drinks & food so you can get to know other members and see who's who when they aren't wearing running clothes!

Each member attending will receive one beverage "on us" (Lone Oak brews, hard seltzer, and non-alcoholic beverages available) as well as complimentary pizza, pretzels & more! Additional beverages will be available for purchase.

The event will take place in the private, outdoor pavillion behind the brewery. Attendance is FREE, but we really do need a head count to help us plan. Please kindly [RSVP HERE](#) by Monday, October 17th. *Adult-only attendance is encouraged.*

We hope to see you there!

Help MCRRC and Our Members Receive National Recognition!

By: Jim Dahlem

One thing we can all agree on is that MCRRC is the best running club in the nation! To prove it, we would love to help recognize the contributions and accomplishments of MCRRC members, volunteers, and leaders on a national level.

One great way to do this is through the Road Runners Club of America (RRCA), of which MCRRC is a member of. The RRCA has an annual conference each year, and during this conference they have an awards ceremony recognizing outstanding people, programs, and races from RRCA clubs around the country. The award categories are wide-ranging, from individual accomplishments to club-based awards.

In the past, MCRRC members and programs have won some of these awards. For instance, twice we have had MCRRC members win Volunteer of the Year and twice we have had MCRRC members win Outstanding Club President. Other club-based awards that MCRRC has been awarded include: Excellence in Journalism, Best Club

Newsletter, and Best Youth Program.

However, we haven't had any representation at these awards lately. And by lately, we mean none at all this century. All of our previous award winners were in the 1980's and 1990's. Meanwhile, many other local Maryland, DC, and Virginia clubs have had their members, programs, and races recognized at the conference. It's time to get MCRRC back in the national spotlight!

One of the best parts of this process is that all the finalists for awards receive a travel stipend and complimentary admission to the conference and awards ceremony for in-person attendance. Next year, the conference takes place in Chicago, IL (and by design happens to fall during one of the largest races in the City: The Bank of America Shamrock Shuffle).

To help nominate our best, we need your help! We need around 5-10 people to go over the award categories, figure out who and what to nominate, and then submit the nomination abstracts. The nominations are due to RRCA in mid-January, so we will need your help in the month or two leading up to this.

If you are interested in helping select nominees and submitting the applications, please contact Jim Dahlem at jimdahlem@gmail.com or let him know if you see him out and about on the roads, trails, and at the races.

Help Wanted!

MCRRC is seeking a part-time, seasonal accountant to assist the MCRRC Treasurer with financial oversight and operations. The accountant will report to the Executive Director and Treasurer. Hours will vary based upon tasks to be completed. Work will be intermittent and on an "as needed" basis.



The primary responsibilities will include, but not be limited to:

- Completing monthly bank reconciliations
- Preparing monthly financial reports for board meetings, or as requested
- Remitting quarterly sales taxes, if applicable
- Preparing annual IRS documents, such as Personal Property Taxes, etc.
- Overseeing the fall budgeting process
- Assisting the CPA with the annual 990 information, including reviewing the return for accuracy

The ideal candidate will have a financial/ accounting background and be fluent with Quickbooks. Prior experience with budgeting and bookkeeping will be helpful, as will a familiarity with non-profit accounting and Form 990 (long form). Strong communication skills are a must, as well as the ability to meet deadlines. Hourly pay rate to be discussed. This is a telework position and a laptop can be provided if necessary.

Please send letters of interest, with a resume, to office@mcrrc.org

It's Personalized Bib Time!

First, thank you for being a valued member and volunteer! MCRRC wouldn't be able to offer our high-quality programs and races without your active participation.

This form is for members to apply for a special, personalized member bib for 2023.

To qualify, you must have completed one or more of the following:

worked as a volunteer in five or more club activities

contributed 20 or more hours on club projects (including coaching with an MCRRC training program)

contributed \$100 or more to the club as a donation(s)



If you qualify, please complete and submit [this form](#) no later than **November 10, 2022!**

In the applicable field, please enter your first name exactly how you want it printed on your bib. Please note bibs will contain your first name ONLY. Abbreviated versions of your name may be accepted, but alternate text will not. *For example, if you are Christina, we will accept "Chris" or "Tina" but we are unable to accept "Tweety Bird."* In addition, please be sure to

include your top five choices for your number (10 to 150 only). Due to supply chain and inventory, **the last day to submit the form is November 10, 2022.** We are unable to accept late submissions. Thank you for your understanding.

If you have any questions, please feel free to contact the [MCRRC Office](#).

Cadence

The Beat from MCRRC's Inclusion and Equity Committee

By: Jefferson Lunsford

Help Become an MCRRC Influencer!

This past Sunday, MCRRC participated in the second annual Kemp Mill Community Day. It was an opportunity for members of the club to meet and greet our neighbors and curious visitors. Despite the forecast for dreary conditions, the weather held out and the event was a success. A few hardy, intrepid volunteers struck up conversations, distributed brochures, shared MCRRC swag and invited current and prospective runners to join our weekly workouts, training programs and races.

Look for Kemp Mill Community Day to return next May or June. And be on the lookout for other opportunities to earn influencer points. To learn more about the influencer program, check the article on the [MCRRC website](#). This kind of outreach will help us grow the club in important ways and help spread the joy of running throughout Montgomery County.

If you know of someone who is interested in joining the club as a new member, encourage them to include your name as a reference and start building credits to major rewards!

As we continue to roll-out the newly adopted [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

Marine Corp Marathon Hospitality Suite

We are pleased to host the 2022 MCRRC Marine Corp Marathon Hospitality Suite! Before & after the marathon- gather, eat, drink & celebrate!

Date: Sunday, October 30, 2022 (MCM Day!) from 6:00 AM to 4:00 PM.

Location: *** *new location* *** The Westin Crystal City at Reagan National Airport (1800 Richmond Highway, Arlington, VA 22202)

Cost: \$40 per person for MCRRC Members; \$45 per person for non-members; \$10 for children 2-12; children under 2 are FREE.

Now for the details...

- **All Hospitality Suite tickets must be purchased in advance and online - there will be no ticket sales on event day.**
- **Everyone entering the suite must have a ticket** - whether you are running, just spectating, not eating, eating very little, etc. *No exceptions, please.*
- **The hospitality suite will operate from 6:00 AM to 4:00 PM.** The doors will be locked between 8:00 AM and 11:00 AM, to secure your belongings.
- MCRRC is not responsible for lost or stolen items.
- **THERE IS NO BUS TRANSPORTATION PROVIDED!**
- **Parking is available at the hotel on a very limited basis, at a discounted rate of \$25. Free parking is located nearby and participants are strongly encouraged to use Metro. For more information on parking and alternative parking, please check out [this page](#).**
- Parking, Metro fees, etc. are not included in the price of the Hospitality Suite. All attendees are responsible for their own transportation to & from the hotel.
- There will be no massages and showers are not available.

[REGISTER HERE!](#)

Competitive Racing Team Results

By: Nicolas Cruzier

Here are the team's results:

Twin Cities Marathon – 2022-10-02

Sarah Flynn 3:28:43 (Age group rank: 13th of 473, Gender rank: 128th of 2799, Overall rank: 717th of 6501)

parkrun Westpark -- 2022-10-02

Brian Murphy 20:32 (Gender rank: 9th of 52, Overall rank: 10th of 81)

Black Hill 10K -- 2022-10-01

Nicolas Cruzier 39:26.60 (Age group rank: 1st of 5, Gender rank: 1st of 41, **Overall rank: 1st of**

62)

Chris Shaw 43:21.92 (Age group rank: 1st of 9, Gender rank: 2nd of 41, Overall rank: 2nd of 62)

Liz Ozeki 47:32.24 (Age group rank: 1st of 1, Gender rank: 1st of 21, Overall rank: 7th of 62)

Robert Palmer 47:38.40 (Age group rank: 2nd of 9, Gender rank: 7th of 41, Overall rank: 8th of 62)

Monika Schneider 48:18.47 (Age group rank: 1st of 3, Gender rank: 2nd of 21, Overall rank: 9th of 62)

Marty Horan 51:37.11 (Age group rank: 1st of 3, Gender rank: 13th of 41, Overall rank: 15th of 62)

Mark Adams 52:26.91 (Age group rank: 2nd of 3, Gender rank: 14th of 41, Overall rank: 16th of 62)

Dulles 10K -- 2022-10-01

Cindy Conant 41:52 (Age group rank: 1st of 5, Gender rank: 5th of 248, Overall rank: 27th of 636)

Wiley Hemphill 44:41 (Age group rank: 19th of 106, Gender rank: 37th of 388, Overall rank: 44th of 636)

Berlin Marathon -- 2022-09-25

Taylor Williamson 2:48:17 (Age group rank: 147th of 3834, Gender rank: 934th of 23292, Overall rank: 997th of 34826)

Armand Silva 2:50:14 (Age group rank: 249th of 3662, Gender rank: 1082nd of 23292, Overall rank: 1154th of 34826)

Brian Murphy 2:54:09 (Age group rank: 312th of 3662, Gender rank: 1396th of 23292, Overall rank: 1499th of 34826)

National Capital 20 Miler -- 2022-09-25

Chris Sloane 1:53:47 (Age group rank: 1st of 5, Gender rank: 1st of 31, Overall rank: 1st of 76)

Silvia Baage 2:12:55 (Age group rank: 1st of 16, Gender rank: 2nd of 45, Overall rank: 5th of 76)

Gene Park 2:21:13 (Age group rank: 1st of 7, Gender rank: 4th of 31, Overall rank: 6th of 76)

Michelle Miller 2:24:10 (Age group rank: 2nd of 16, Gender rank: 3rd of 45, Overall rank: 7th of 76)

Kensington 8K -- 2022-09-24

Stephen Varney 28:28.40 (Age group rank: 2nd of 67, Gender rank: 7th of 259, Overall rank: 8th of 449)

David Storper 28:29.80 (Age group rank: 3rd of 67, Gender rank: 8th of 259, Overall rank: 9th of 449)

Adrian Spencer 28:52.70 (Age group rank: 6th of 62, Gender rank: 11th of 259, Overall rank: 13th of 449)

Peter Bandettini 31:15.30 (Age group rank: 1st of 40, Gender rank: 19th of 259, Overall rank: 22nd of 449)

Frank Perna 31:19.20 (Age group rank: 2nd of 40, Gender rank: 20th of 259, Overall rank: 23rd of 449)

Cindy Conant 33:02.60 (Age group rank: 1st of 9, Gender rank: 6th of 187, Overall rank: 39th of 449)

Marty Horan 35:12.40 (Age group rank: 1st of 29, Gender rank: 43rd of 259, Overall rank: 55th of 449)

Mark Adams 35:15.50 (Age group rank: 2nd of 29, Gender rank: 45th of 259, Overall rank: 57th of 449)

New/Used Running Gear Sale!

Got extra stuff sitting around? Running strollers, reflective vests, newish shoes that didn't fit, water belts, clothing, hats, rollers/yoga mats, etc? Let's find them all new homes! Club member and 10K program director Mary Travaglini is helping organize a running gear yard sale on November 20, 2022.



How will it work? **First, if you'd like to participate as a seller, please contact Mary at marytravaglini@yahoo.com.**

You have 3 options if you have items to sell:

- Coordinate with Mary in setting up your stuff (the club will provide the table), come up with pricing, and sell your items. You will be responsible for taking your own payments. This is the preferred method for members with numerous items to sell, who wish to keep the income they earn!
- If you cannot be present, Mary will arrange a collection of your items in a clear bag with a form containing your contact information and your pricing, as well as a QR code to your Venmo/ PayPal/ Zelle/ etc. so you can receive immediate payment for your items. The volunteers will help to sell your items, but they will need a QR code so that buyers can send the money to you.
- Donate your items to the club! Coordinate getting your items to Mary, who will price them, sell them, and donate the proceeds to the club.

Also available will be old race premiums and items from the MCRRC Gear Shop - have your eye on something? Come enjoy shipping-free shopping!

If you have any questions or would like to volunteer to help at the sale, please contact Mary at marytravaglini@yahoo.com.

Member Moments

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

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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