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Montgomery County Road Runners Club

Ins & Outs - Holiday 2022

"Santa is Coming to Montgomery County"



Dear Members -

Well, it's here! The long-anticipated holidays. I love having young kids this time of year. It just makes everything more magical. But it's EXHAUSTING! There is a meme that goes by every year around the holidays. Not to roast my husband, but I. FEEL. THIS. SO. HARD. I am sharing it below.

I mean, someone had to say it...

But back to running ... Thank you to RD Jeff Solar for another great Jingle Bell Jog! It looks like a great time was had by all. This is such a great race to wrap up our running year. Thank you to all the volunteers and to everyone that came out.

Speaking of our running year, please don't forget to take a few moments to share some photos of YOUR running year. We are in the process of putting together a newly designed website and hope to use the photos that you would like to see - those that sum up who you are and where you run, as our members. You can upload them directly to [our website](#) - it's as easy as that! We are already getting some great submissions so please keep them coming!

And while you're there, be sure to check out the [member bib & chip process](#) as we head into 2023. If you are a past member, there are no changes to the process for next year, but you do need to sign up for a new bib & chip. If you are a new member, be sure to check out this page to learn how it all works. This informational page was created to answer your questions, so even if you have "done this before," please do [read the guidelines](#).

The RRCA Club Challenge is scheduled for Sunday, February 26, 2023 and MCRRC is again signed up to host a team. There will be a lot of information coming out about the



challenge after the New Year. Due to our holiday closure & how the holidays fall this year, the information will be coming out the week of January 2nd as soon as we're able to push it out. **PLEASE DO NOT REGISTER FOR THE CHALLENGE UNTIL YOU RECEIVE OUR INSTRUCTIONS!** There will be a coupon code to use to participate on our team, as MCRRC will again be subsidizing some of the cost. Refunds or partial refunds will NOT be given by the Howard County Striders, so please be patient while we get the information to you.

One more date to keep in mind is January 1st - registration opens for the [2023 Parks Half Marathon](#) at a special, introductory price! This will only be in effect for the first week, so be sure to note that in the shiny, new planner you might get as a gift this year.

And last up... MCRRC Holiday Operating Hours! Our operations will be closed on Friday, December 23rd and will remain closed during the week of Winter Break (Monday, December 26th - Friday, December 30th) to allow our staff to relax, decompress, and enjoy time with our families for the holidays. Please note that during this time, you will likely not receive responses to your messages. This also means that when I return on January 2nd, my inbox will be inundated with messages and I'll do my best to respond to all of them in the order they were received. Your grace and patience is truly appreciated as we head into the holidays and the beginning of the year.

On behalf of all of us here in MCRRC, we wish you & yours the very happiest of holidays as well as health and abundance in the New Year. We'll see you on the other side!



Ashley Zuraf
Executive Director

UPCOMING RACES & RACE NEWS

January 1st - New Year's Day 5K - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event! *** Note: this race returns to Manna Food for 2023!

January 29th - XC on the Farm (new date!) - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

February 12th - Kemp Mill C(hills) 5K/ 10K - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

March 11th - Seneca Creek Greenway Trail Marathon & 50K - Registration is OPEN! Check out the [race website](#) for more information and to register. Volunteers are needed for this event!

March 19th - Piece of Cake 5K/ 10K - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

March 26th - Spin in the Woods - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

April 15th - Capital for a Day 5K - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

April 23rd - Pike's Peek 10K - Registration is OPEN! Check out the [race webpage](#) for more information and to register. Volunteers are needed for this event!

May 6th - Kids on the Run - Registration opens February 1st! Check out the [race website](#) for more information.

May 21st - Run Aware XC - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this eve

September 10th - Parks Half Marathon - Registration opens on New Year's Day! Check out the [race website](#) for more information.

2023 MEMBER LOW-KEY RACE BIB & CHIP PICKUP

Thanks to all members who have already signed up for your 2023 Member Low-Key Series bib & chip. There are three options for picking up your bib:

1. **Stop by the MCRRC Warehouse on Friday, December 31, 2022 between 3pm and 5pm.** This is a drive-thru pickup

option, so please remain in your vehicle!

Please know your bib number in advance. When you pull up, simply let the volunteers know your number and they will hand your your 2023 bib & chip. If you have an old chip to trade in, you can hand it to the volunteer at that time. Remember, if you are a new member or do not have an old chip to exchange, you will need a \$5 deposit (cash, please) with you that day. **The address for the warehouse is 14672-I (Bay "eye") Southlawn Lane, Rockville, MD 20850.**

2. **Arrive early to the New Year's Day 5K.** Bib & chip distribution begins at 8:15am. Please bring your bib number with you to make this process as expeditious as possible. Information about and the location of the race can be found on the [race webpage](#).
3. **Attend any low-key race throughout 2023.** Your bib & chip will be waiting for you at the registration of the first 2023 low-key race you attend. After that, you don't have to visit the registration table again for the rest of the year - just show up & run!

If you have not yet signed up for your 2023 bib & chip, please visit the [Low-Key Race Entry Procedure](#) page on our website.

Thank you to Danny Talmage and his crew of volunteers, for staffing the advanced pickup on New Year's Eve!



COMING SOON: THE RUNNER NEXT TO ME

MCRRC Would STILL Like to Spotlight Our Members! But with a twist... We are testing a new segment for Ins & Outs, about "the runner next to me." We run with each other weekly and if you have ever spent hours on a long run with your pace group, you know. There are a lot of random, non-running related facts about every one of us. We are diverse here in Montgomery County! Diverse in where we came from, what we like to do for fun, and what we do for a living! Perhaps the runner next to you is an accountant and you happen to be looking for a new one.

So we thought it would be fun to feature our members for NOT their running accomplishments, but who they are as a person or who they are professionally!

The Runner Next to Me is expected to debut in January 2023 - stay tuned!

MCRRC WANTS YOUR PHOTOS!

Time and People Magazines both share year-end photo summaries. MCRRC wants to do the same. Some say a picture is worth 1,000 words. If so, how would you sum up your running year?

Please share with us your top running photos from 2022. The top 3 submissions will win a gift card to RnJ Sports and ALL submissions will be in consideration as we update the look and feel of our website! Please share with us your photos from out on the trail, on a training run, on the mall, runs with friends, and photos from MCRRC events - even running around the world!

The submission deadline for the contest is **December 31, 2022**; however, we will continue taking new photos to keep our website current and fresh.

To submit your photos, please visit the below link on our website. By submitting your photos, you agree to our photography release and our potential use of your photos on our website and marketing materials. The full release can be viewed on the webpage link.

Thank you in advance for your help and we look forward to getting a glimpse into YOUR running world!

[**SUBMIT PHOTOS HERE.**](#)

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!

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

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