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Montgomery County Road Runners Club

Ins & Outs - Friday, January 13, 2023

"We Are Running in Montgomery County"



Dear Members -

This is the first official Ins & Outs of 2023 - so Happy New Year to you! We hope everyone is out there working on those resolutions or goals for the new year.

Big thank you to Danny Talmage, Jim Farkas, and all the volunteers of the ever-popular **New Year's Day 5K!** The club was thrilled to be welcomed back to Manna for the 2023 race - and thank you for your donations, too! We are pleased to say we are in the process of providing Manna with a wonderful donation, thanks to our participants.

Just a reminder that if you were not able to pickup your 2023 member bib & chip during the New Year's Eve drive-thru or at the NYD race, that's OK! Once you [register for your free bib & chip](#), they will be waiting for you at the registration table before any low-key race of the year. If you are a new member or need a refresher on how the low-key race series works, please be sure to check out [our website](#).

Next up is the **XC on the Farm** race on January 29th at the Ag Farm. This is a new date for this race, as you are used to running it in the summer. The Race Committee works hard on our schedule every year and does its best to accommodate our race directors' schedules (they are volunteers, after all) as well as create a nice flow of race opportunities throughout the year. We are very appreciative of this work - it's no easy task!

A few non-MCRRRC race dates to keep on your radar: The **RRCA 10-Mile Club Challenge** is scheduled for Sunday, February 26th at Howard Community College. This is an annual race between all RRCA running clubs in Maryland and Washington, D.C. More information on that below. Second, please save the date for the **MCRRRC Annual Awards Banquet**, scheduled for Saturday, April 29th at AMP in Rockville. Many committees are taking nominations now for this annual club event, so please be sure to submit your deserving running friends! Registration will open in a month or so. Space is very limited and as always, there will be priority registration for award recipients and their families.

Our office will be closed on Monday in honor of Martin Luther King, Jr. Day and will re-open on Tuesday.

Have a great weekend, MCRRC!



Ashley Zuraf
Executive Director

UPCOMING RACES & RACE NEWS

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 website](#) for more information and to register. Volunteers are needed for this event!

May 6th - Kids on the Run - **Registration is OPEN!** Check out the [race website](#) for more information and to register. Volunteers are needed for this event!

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

May 29th - Memorial Day 4 Miler - **Registration is OPEN for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed for this event!

June 3rd - Little Bennett 10K XC - **Registration is OPEN for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed for this event!

June 17th - Suds & Soles - *Registration opens February 1st!* Check out the [race website](#) for more information.

September 10th - Parks Half Marathon - Registration is OPEN! Check out the [race website](#) for more information and to register. Volunteers are needed for this event!

2023 RRCA 10-MILE CLUB CHALLENGE

Please read this article in its entirety, as it contains the answers to the questions most frequently sent to our office.

DATE: Sunday, February 26, 2023

REGISTRATION: The cost *per participant* for the 2023 event is \$40. MCRRC will once again be subsidizing 50% of each member's fee. Should you wish to participate in the challenge, you should plan to budget \$20 + processing fees. **You must be a current MCRRC member** in order to compete on our team & receive the discounted entry. The roster will be verified and anyone without a current MCRRC membership will be contacted to join/ renew or will be subsequently removed from our team's roster.



Please use this [club-specific link](#) to register for the race. By using this link, the discount will automatically be applied for you. **Please note this link may only be used by MCRRC Members.** Again, we will be checking the roster for membership. If you have a non-club friend who would also like to participate in the event, they may register using the [general public link](#). MCRRC Members may also use the general public link, and may take the 50% discount by keying in coupon code **2023MCRRC050**

There is NO walk-up registration or race day registration. Online registration closes on February 12th and no one will be admitted to the roster after that day. There are no exceptions and there is nothing that the MCRRC Office can do to assist, so please register early!

RACE MANAGEMENT: A common misconception is that this is an MCRRC event. This event is actually a result of the hard work of the Howard County Striders team. They handle the registration platform, administrative tasks, and all the race logistics. If you are having issues with the registration platform, etc., please do not contact the MCRRC Office. Please instead, contact the HCS team. As always, please check out their website first, as many of your questions may already be answered on the [race website](#).

VOLUNTEER! Yep, we just mentioned that this event is a result of the hard work of the HCS. That being said, they ask each club to provide volunteers to assist them along the way, specifically to staff the club's registration table (which I believe can be done even if you are running the race). There's nothing like a familiar face cheering on our team along these rolling 10 miles. Please consider volunteering or asking a non-running family member to volunteer. More information will be sent prior to race day by the HCS team. [Click here](#) to volunteer!

"DUAL CITIZENSHIP": If you are a member of more than one participating club, **you must choose one club to race with** --- that is the club whose registration link you will use to sign up.

In addition, you may not 'mix' discounts. For example, if you are also a member of another club who is offering a 75% discount, you may not use their discount, but then select MCRRC as your team. You must race with the team whose discount code/ link you register with.

PACE: The question most received during challenge time, is whether or not you have to be a 'fast runner' to participate. The answer is NO! There is no pace requirement to run on the MCRRC team. This challenge is one of comradery and club pride. MCRRC typically boasts the largest roster in attendance, a statistic we're quite proud of. So please come out for this event. We are proud to include any & all members on the MCRRC team.

Again, please see the [race website](#) for more information & we look forward to another great year of MCRRC participation in this awesome event!

THE MCRRC BOARD OF DIRECTORS NEEDS YOU!



It's not too late to nominate yourself or a fellow member for the 2023-24 MCRRC Board of Directors... but it almost is! Please get those nominations in today!

THE NOMINATION DEADLINE ENDS TODAY!

The Nominating Committee is looking for candidates for election to the MCRRC Board of Directors and we need YOUR help. What is the best way to help us and MCRRC? Read the rest of this message, think about your running buddies who may make good candidates, and submit nominations. Self-nominations are encouraged!

There are four two-year positions on the nine-member board up for election (or re-election) in 2023.

As MCRRC emerges from the pandemic, there is a priority to convince previous members to return and inspire new members to join our running community. Can you bring the management, marketing, funding, and technical skills to design and implement programs to grow the club?

The work of the Board includes management, governance, and operations, and in addition to the monthly board meeting, requires work between meetings in correspondence, voting, marketing, interaction with club members and outside interested parties, and participation in club activities. Specific tasks may include:

- Representing the club at meetings and functions throughout the year (ex. low-key club races, business meetings, sub-committee interaction, and with outside parties).
- Planning and setting the club's agenda and direction.
- Marketing to expand club membership and visibility.
- Management of committees.
- Accounting and budgeting tasks.
- Attending the monthly board meetings, which are about 2 hours long; reviewing previous month's minutes, action items, new business, governance, and group thinking/issue resolution.
- Fundraising for current and new activities.

With close to 3,000 members, MCRRC is one of the largest running clubs in the United States. Its success depends on quality leadership from dedicated club members willing to volunteer above and beyond to make things work. Our club has been very fortunate to have had strong leadership through the years, and it's because of club members like you who take an active role in the process of leading the club forward. We need dedicated members who are up to the task!

Please send your name and the contact information (email address and phone number) for the candidate(s) you are nominating, as well as any information you can provide on why this person would make a good nominee for the Board of Directors by COB TODAY to: nominating@mcrrc.org.

Thank you for helping us to nominate the best candidates for MCRRC's leadership!

The Nominating Committee (Doug Watt, Chair, Mike Acuna, Dan Di Fonzo, Kevin Edwards, Debbie Sinnott, Wanda Walters, and Conroy Zien)

MCRRC & AMAZON SMILE

Smile when you shop! Via [amazonmile.com](https://www.amazon.com) you can shop AND support MCRRC in the process!

Many of us are shopping on Amazon daily. You can go to [www.amazonmile.com](https://www.amazon.com) and designate Montgomery County Road Runners Club, Inc as your non-profit of choice. That way, your purchases will support MCRRC and our programs without any additional charge to you. A little goes a long way. We recognize that there are many charities that our runners support and if you're not already shopping via [amazonmile.com](https://www.amazon.com), please consider adding our club. Thank you!

COMPETITIVE RACING TEAM RESULTS

By: Nicolas Crouzier

Here are the team's results:

Hair Of The Dog 5K -- 2023-01-01

Lisa Chilcote 22:35 (Age group rank: 1st of 31, Gender rank: 5th of 134, Overall rank: 20th of 251)

New Year's Day 5K -- 2023-01-01

Shlomo Fishman 17:23 (Age group rank: 2nd of 10, Gender rank: 4th of 256, Overall rank: 5th of 485)

James Anderson 17:42 (Age group rank: 1st of 18, Gender rank: 5th of 256, Overall rank: 5th of 485)

Adrian Spencer 18:11 (Age group rank: 2nd of 18, Gender rank: 7th of 256, Overall rank: 7th of 485)

Hasan Hobbs 18:24 (Age group rank: 1st of 31, Gender rank: 9th of 256, Overall rank: 9th of 485)

Kevin Camp 18:27 (Age group rank: 3rd of 10, Gender rank: 10th of 256, Overall rank: 10th of 485)

Mark Neff 18:35 (Age group rank: 1st of 20, Gender rank: 13th of 256, Overall rank: 13th of 485)

Ryan Johnson 19:13 (Age group rank: 4th of 18, Gender rank: 18th of 256, Overall rank: 18th of 485)

485)

Robert Palmer 19:52 (Age group rank: 3rd of 31, Gender rank: 28th of 256, Overall rank: 28th of 485)

Peter Bandettini 19:54 (Age group rank: 2nd of 27, Gender rank: 29th of 256, Overall rank: 29th of 485)

Erin Kelman 20:10 (Age group rank: 4th of 31, Gender rank: 30th of 256, Overall rank: 30th of 485)

Paul Jacobson 20:58 (Age group rank: 3rd of 27, Gender rank: 43rd of 256, Overall rank: 43rd of 485)

Sarah Flynn 21:33 (Age group rank: 1st of 32, Gender rank: 2nd of 229, Overall rank: 53rd of 485)

Mark Adams 21:46 (Age group rank: 3rd of 20, Gender rank: 56th of 256, Overall rank: 58th of 485)

Lisa Levin 21:46 (Age group rank: 1st of 44, Gender rank: 3rd of 229, Overall rank: 59th of 485)

Weiqun Zhou 22:12 (Age group rank: 4th of 20, Gender rank: 62nd of 256, Overall rank: 66th of 485)

Andrea Marchesotti 25:46 (Age group rank: 9th of 44, Gender rank: 21st of 229, Overall rank: 129th of 485)

Melissa King 30:29 (Age group rank: 2nd of 10, Gender rank: 70th of 229, Overall rank: 226th of 485)

Kristen Kelman 30:53 (Age group rank: 3rd of 10, Gender rank: 80th of 229, Overall rank: 237th of 485)

Steven Andrews 33:12 (Age group rank: 17th of 22, Gender rank: 175th of 256, Overall rank: 294th of 485)

Race into the New Year 5K -- 2022-12-31

Cindy Conant 20:50.40 (Gender rank: 2nd of 114, Overall rank: 8th of 224)

parkrun Anacostia -- 2022-12-17

Cindy Conant 20:19 (Gender rank: 1st of 11, Overall rank: 2nd of 23)

Jingle Bell Jog "8K" -- 2022-12-11

Nicolas Crouzier 25:51.05 (Age group rank: 1st of 17, Gender rank: 1st of 142, Overall rank: 1st of 285)

James Anderson 28:10.52 (Age group rank: 2nd of 17, Gender rank: 4th of 142, Overall rank: 4th of 285)

Margaret Sprock 29:32.34 (Age group rank: 1st of 10, Gender rank: 1st of 143, Overall rank: 7th of 285)

Jim Dahlem 29:54.33 (Age group rank: 1st of 20, Gender rank: 7th of 142, Overall rank: 8th of 285)

Robert Palmer 31:27.10 (Age group rank: 3rd of 20, Gender rank: 11th of 142, Overall rank: 12th of 285)

Chris Shaw 33:31.24 (Age group rank: 4th of 20, Gender rank: 15th of 142, Overall rank: 16th of 285)

Paul Jacobson 33:34.30 (Age group rank: 1st of 16, Gender rank: 16th of 142, Overall rank: 17th of 285)

Michelle Miller 33:34.51 (Age group rank: 1st of 26, Gender rank: 2nd of 143, Overall rank: 20th of 285)

Mark Adams 34:39.45 (Age group rank: 1st of 12, Gender rank: 24th of 142, Overall rank: 26th of 285)

Sarah Flynn 34:41.07 (Age group rank: 2nd of 26, Gender rank: 3rd of 143, Overall rank: 27th of 285)

285)

Kristen Kelman 34:54.81 (Age group rank: 2nd of 10, Gender rank: 4th of 143, Overall rank: 31st of 285)

Meg Ryan 35:36.46 (Age group rank: 3rd of 26, Gender rank: 6th of 143, Overall rank: 40th of 285)

Bill Loomis 38:36.92 (Age group rank: 2nd of 6, Gender rank: 47th of 142, Overall rank: 58th of 285)

parkrun College Park – 2022-12-10

Chris Pruitt 15:49 (Gender rank: 1st of 79, Overall rank: 1st of 153)

Kevin Camp 18:18 (Gender rank: 1st of 73, Overall rank: 1st of 159)

Brian Murphy 31:36 (Gender rank: 44th of 73, Overall rank: 56th of 159)

California International Marathon – 2022-12-04

Jordan Acton 2:54:49 (Age group rank: 194th of 809, Gender rank: 713th of 4762, Overall rank: 906th of 8018)

Seneca Slopes 9K – 2022-12-04

David Storper 39:31.86 (Age group rank: 1st of 13, Gender rank: 3rd of 59, Overall rank: 3rd of 98)

Chris Shaw 39:51.46 (Age group rank: 2nd of 13, Gender rank: 5th of 59, Overall rank: 5th of 98)

Erin Kelman 41:13.05 (Age group rank: 3rd of 13, Gender rank: 7th of 59, Overall rank: 7th of 98)

Robert Palmer 43:02.37 (Age group rank: 4th of 13, Gender rank: 10th of 59, Overall rank: 11th of 98)

Mark Adams 46:23.25 (Age group rank: 1st of 4, Gender rank: 13th of 59, Overall rank: 14th of 98)

Weiqun Zhou 54:51.10 (Age group rank: 3rd of 4, Gender rank: 35th of 59, Overall rank: 41st of 98)

Rehoboth Half Marathon – 2022-12-03

Jim Dahlem 1:21:26 (Age group rank: 1st of 72, Gender rank: 7th of 633, Overall rank: 7th of 1718)

Kevin Camp 1:23:36 (Age group rank: 1st of 54, Gender rank: 14th of 633, Overall rank: 14th of 1718)

Brian Murphy 1:23:51 (Age group rank: 4th of 79, Gender rank: 15th of 633, Overall rank: 15th of 1718)

Alex Booth 1:24:21 (Age group rank: 5th of 79, Gender rank: 17th of 1085, Overall rank: 17th of 1718)

Bill McNary 1:25:44 (Age group rank: 1st of 86, Gender rank: 20th of 633, Overall rank: 22nd of 1718)

Jeff Elkins 1:27:01 (Age group rank: 5th of 94, Gender rank: 24th of 633, Overall rank: 27th of 1718)

Anna Bosse 1:27:05 (Age group rank: 1st of 68, Gender rank: 4th of 1085, Overall rank: 28th of 1718)

Monika Schneider 1:31:35 (Age group rank: 1st of 145, Gender rank: 10th of 1085, Overall rank: 55th of 1718)

Cindy Conant 1:33:51 (Age group rank: 1st of 72, Gender rank: 16th of 1085, Overall rank: 79th of 1718)

Sarah Flynn 1:37:47 (Age group rank: 8th of 215, Gender rank: 27th of 1085, Overall rank: 114th of 1718)

Rehoboth Marathon -- 2022-12-03

Nicolas Crouzier 2:34:42 (Age group rank: 1st of 43, Gender rank: 3rd of 407, Overall rank: 3rd of 777)

Michelle Miller 3:27:07 (Age group rank: 2nd of 79, Gender rank: 14th of 371, Overall rank: 89th of 777)

Meg Ryan 3:28:19 (Age group rank: 3rd of 79, Gender rank: 17th of 371, Overall rank: 96th of 777)

Turkey Burnoff 10 Mile -- 2022-11-26

Nicolas Crouzier 55:58 (Age group rank: 1st of 12, Gender rank: 1st of 114, Overall rank: 1st of 205)

Jim Dahlem 1:01:57 (Age group rank: 1st of 20, Gender rank: 5th of 114, Overall rank: 5th of 205)

Mark Henrickson 1:02:34 (Age group rank: 1st of 11, Gender rank: 6th of 114, Overall rank: 6th of 205)

Alex Booth 1:02:43 (Age group rank: 3rd of 6, Gender rank: 7th of 114, Overall rank: 7th of 205)

Robert Palmer 1:06:37 (Age group rank: 3rd of 20, Gender rank: 12th of 114, Overall rank: 12th of 205)

Kevin Camp 1:08:04 (Age group rank: 4th of 6, Gender rank: 12th of 114, Overall rank: 12th of 205)

Ryan Johnson 1:08:08 (Age group rank: 3rd of 12, Gender rank: 13th of 114, Overall rank: 13th of 205)

Gene Park 1:08:10 (Age group rank: 1st of 20, Gender rank: 14th of 114, Overall rank: 14th of 205)

Liz Ozeki 1:08:31 (Age group rank: 1st of 4, Gender rank: 1st of 90, Overall rank: 15th of 205)

Brian Murphy 1:08:40 (Age group rank: 4th of 12, Gender rank: 15th of 114, Overall rank: 16th of 205)

Michelle Miller 1:10:29 (Age group rank: 1st of 11, Gender rank: 3rd of 90, Overall rank: 20th of 205)

Erica Singleton 1:11:00 (Age group rank: 2nd of 13, Gender rank: 4th of 90, Overall rank: 21st of 205)

Monika Schneider 1:11:18 (Age group rank: 3rd of 13, Gender rank: 5th of 90, Overall rank: 22nd of 205)

Melissa Rittenhouse 1:11:23 (Age group rank: 1st of 18, Gender rank: 6th of 90, Overall rank: 23rd of 205)

Mark Adams 1:15:48 (Age group rank: 3rd of 14, Gender rank: 31st of 114, Overall rank: 39th of 205)

Weiqun Zhou 1:15:58 (Age group rank: 4th of 14, Gender rank: 32nd of 114, Overall rank: 40th of 205)

Turkey Burnoff 5 Mile -- 2022-11-26

David Storper 30:05 (Age group rank: 1st of 16, Gender rank: 2nd of 153, Overall rank: 2nd of 349)

Paul Jacobson 34:02 (Age group rank: 1st of 24, Gender rank: 14th of 153, Overall rank: 15th of 349)

Erin Kelman 35:11 (Age group rank: 2nd of 16, Gender rank: 19th of 153, Overall rank: 22nd of 349)

Kristen Kelman 35:11 (Age group rank: 2nd of 14, Gender rank: 3rd of 153, Overall rank: 21st of 349)

Meg Ryan 36:05 (Age group rank: 1st of 27, Gender rank: 4th of 153, Overall rank: 28th of 349)

Exavier Watson 38:43 (Age group rank: 8th of 26, Gender rank: 38th of 153, Overall rank: 46th of 349)

of 349)

Parkville Turkey Trot 5K -- 2022-11-24

Clay Martin 16:37 (Age group rank: 3rd of 61, Gender rank: 11th of 579, Overall rank: 11th of 1120)

Sheppard Pratt Frederick Turkey Trot -- 2022-11-24

Chris Pruitt 15:28.90 (Gender rank: 3rd of 1263, **Overall rank: 3rd of 2275**)

Mark Neff 17:51.04 (Age group rank: 1st of 114, Gender rank: 24th of 1263, Overall rank: 24th of 2275)

Peter Bandettini 19:43.80 (Age group rank: 5th of 186, Gender rank: 45th of 1263, Overall rank: 49th of 2275)

Lisa Levin 20:59.10 (Age group rank: 1st of 274, Gender rank: 9th of 1499, Overall rank: 79th of 2775)

parkrun College Park -- 2022-11-24

Kevin Camp 18:02 (Gender rank: 2nd of 132, **Overall rank: 2nd of 309**)

Brian Murphy 18:12 (Gender rank: 4th of 132, Overall rank: 4th of 309)

Erica Singleton 19:31 (**Gender rank: 1st of 136**, Overall rank: 12th of 309)

Cindy Conant 19:47 (**Gender rank: 2nd of 136**, Overall rank: 14th of 309)

Melissa Rittenhouse 20:54 (**Gender rank: 3rd of 136**, Overall rank: 23rd of 309)

Alexandra Amidon 21:16 (Gender rank: 4th of 136, Overall rank: 27th of 309)

Philadelphia Marathon -- 2022-11-20

Aaron Anderson 2:47:25 (Age group rank: 23rd of 678, Gender rank: 145th of 5123, Overall rank: 162nd of 8395)

JFK 50 Mile -- 2022-11-19

Adrian Spencer 6:31:55.20 (Gender rank: 19th of 735, Overall rank: 21st of 1081)

Erin Kelman 7:17:49.10 (Gender rank: 35th of 735, Overall rank: 41st of 1081)

Kristen Kelman 8:25:46.30 (Gender rank: 22nd of 231, Overall rank: 123rd of 1081)

Philadelphia Half Marathon -- 2022-11-19

Armand Silva 1:20:33 (Age group rank: 15th, Gender rank: 139th of 4615, Overall rank: 160th of 10106)

Sean Napier 1:22:39 (Age group rank: 36th of 791, Gender rank: 170th of 4615, Overall rank: 196th of 10106)

parkrun College Park -- 2022-11-19

Kevin Camp 18:29 (Gender rank: 1st of 56, **Overall rank: 1st of 124**)

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!

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latest club news!

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