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## Montgomery County Road Runners Club

**Ins & Outs - Friday, January 27, 2023**

*"We Are Running in Montgomery County"*



Dear Members -

Happy Friday! I hope all the kiddos are enjoying a very chilly, but sunny day off from school today. As we plan for some warmer-weather projects to be done on our home, I feel tricked into thinking spring is around the corner. If you are a "glass half full" person, you might say it is! It certainly does feel that way with all the planning and excitement building up for Pike's Peek!

I have always somewhat considered Pike's to be MCRRC's gateway to spring. That race always brings with it such energy and fun and in my personal opinion, it's truly the arrival of nicer days ahead. We are so excited for this year's event & hope you are too! Have you registered yet? Don't forget, MCRRC members do get to enjoy a small discount, just by being a member! Prices go up again on March 16th, so keep that in mind if you are still trying to decide. And tell a friend! As our successful debut of our referral program proved, we do rely on your good word to draw people to our family and our events!

One final 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 Sunday at the Ag Farm. This is a new date for this race, as you are used to running it in the summer. We hope you can see the beauty of this Montgomery County gem, even with the winter landscape! I had the privilege of chaperoning my 4th grader's field trip to the Ag Farm a few weeks ago and it's really the first time I experienced all they had to offer. What an informative and wonderful place for kids to learn! While there won't be that sort of education going on for our race, I do hope you'll still consider turning up. It's a unique opportunity to run on these beautiful grounds!

Don't forget that 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 **MCRRC 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.

And just one more thing - **registration opens on February 1st** for this year's **Suds & Soles!** As has been in the past, there will be a tiered registration, so the earlier you signup, the more you can save (for beer or... something else)! Check out [our website](#) for more information!

Have a great weekend, MCRRC!



Ashley Zuraf  
Executive Director

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## 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!

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## MCRRC LOW-KEY RACE SERIES

*By: Danny Talmage*

A few days ago, a club member asked me why they should get a bib and be a part of the Low-Key Race Series.

Aside from being one of the biggest benefits of being an MCRRC Member (the Low-Key Series offers up at least 20 "free, low-key but high quality" per year for members), it also fosters friendly competition and comradery among members.

For new and old members alike, the series perpetuates four distinct year-long competitions.

The [Championship Series \(CS\)](#) includes select low-key races run on roads or paved courses while the [Cross-County Series \(XC\)](#) offers off-road racing, taking place in many of our county's excellent park systems. Both series turn out overall winners and age-group winners in 5-year age brackets, which are recognized with cash prizes (overall winners) and gift cards (age-group winners) at the MCRRC Annual Awards Banquet. I loved competing in the "good old days" and always strived to make it to as many races as possible to increase my odds of placing in my age group, though I faced some tough competition. You get to know the others in your age group and recognize them as they try their best to fly past you in the final stretch of the race!

Both series are scored by points which are updated immediately after the last day for corrections happen (shown at the top of each results page). For the CS, you must run 6 of the 12 road races to qualify. Rules and tie-breakers can be found on [our website](#). For our off-road loving racers, you only have to participate in 4 of the 8 XC races to [qualify](#) (skinned knees and wet shoes are not required for qualification)!

The [Youth Running Series \(YS\)](#) has always been a great way to encourage our younger (under 18) members to becoming interested in the sport of running and physical fitness. The series has been on hiatus for a few years due to the pandemic, but we are excited to bring back our full calendar of young runs and to find a new series coordinator to recognize our younger members!

Last but not least is the [Participation Series](#), which I have always taken part in, as I volunteered as well as ran at most of the events. All you need to do is keep track of all the races you have volunteered at and watch for the call early in the year to complete the form. Cool premiums are awarded at the Awards Banquet for the winners. Past prizes have included club-logo's merchandise such as water bottles, seat covers, vests, and shirts. Start your list today to find

out what's next! Volunteering is such a great way to meet other members and get a "behind the scenes" feel for our races!

For more info and a list of all the races, visit the MCRRC website under the "Races" tab. We hope to see you out there!

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*Danny Talmage is a long-time club member, volunteer, timer, and race directing extraordinaire. If you don't hear him on the microphone, you can find him hidden behind a computer or time machine in the back of the club van or somewhere near the finish line solving problems. He is the most recent winner of the MCRRC Lifetime Achievement Award, mainly for his inability to say no to any MCRRC-related task.*

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## 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 send 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 signup. 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!

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## COMPETITIVE RACING TEAM RESULTS

*By: Nicolas Crouzier*

Here are the team's results:

### **USATF Cross Country Championships Masters 8K -- 2023-01-21**

Chris Pruitt 25:57.10 (Overall rank: 3rd of 173)

Mark Neff 30:33.80 (Overall rank: 56th of 173)

Mark Adams 35:43.70 (Overall rank: 121st of 173)

### **Al Lewis 10 Miler -- 2023-01-07**

Liz Ozeki 1:05:09 (Age group rank: 1st of 7, Gender rank: 3rd of 48, Overall rank: 18th of 1222)

Cindy Conant 1:07:59 (Age group rank: 1st of 29, Gender rank: 5th of 48, Overall rank: 26th of 1222)

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*Nicolas Crouzier has been a member of MCRRC's racing team since 2014. He created and maintains the team's website where their results, stats, and records can be found. In his free time, he likes to race, run for fun, and think about running.*


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## MEMBER MOMENTS

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!



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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