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Montgomery County Road Runners Club

Ins & Outs - October 21, 2022

"We Are Running in Montgomery County"



Dear Members -

Happy Friday!

Thank you to all our members and guests who showed out for the happy hour last evening at Lone Oak. What a turnout! The owners of the brewery said that they had never seen a group eat so much food and so quickly -- I guess they had never hosted a hungry bunch of runners before! Give yourselves a pat on the back for that accomplishment! It was certainly great to see everyone in a group setting again, in a beautiful location.

Congrats to our fill-in RD, Danny Talmage, for taking on XC on the Farm this past weekend and thank you to all who came out to support the race! The club now takes somewhat of a break from low-key races until Turkey Burnoff, in favor of some premiere events!

Next up on our calendar is the Rockville 10K/ 5K, which is such a long-standing club tradition and fan favorite. Please get registered to support long-time RD Jim Farkas and our friends in the City of Rockville.

Run Under the Lights sold out in a few hours this year - it's nice to see that back and to know how badly you still want to participate in this cool race. We are definitely sold out and may not accept additional registrants, but did you know you could STILL have the rare chance to see the lights on foot? Just sign up to volunteer! Lots of volunteers are needed for this unique event. Additionally, we have set up a waitlist in the system should additional spots become available.

Reminder to all members that the club is hosting a Marine Corp Marathon Hospitality Suite again this year. 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, November 4th, as I will offer a more thorough explanation of our member bib & chip process as we approach the new year. This was supposed to happen in this week's newsletter but the week got away from me.

Have a great weekend, MCRRC!



Ashley Zuraf
Executive Director

Upcoming Races & Race News

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 - THE 2022 EVENT IS SOLDOUT. Check out [our website](#) to register for the waitlist or to sign up to volunteer. Volunteers are needed!

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!

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! More information coming soon on how to submit your story or suggest another member to us that you think should be featured!

Stay tuned!

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.

It's Personalized Bib Time!

REMINDER!

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](#).

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!](#)

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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