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Montgomery County Road Runners Club

Ins & Outs - November 18, 2022

"We Are Running in Montgomery County"



Dear Members -

Happy Friday!

Next week is already Thanksgiving and we all know how quickly the holidays move once we reach this point. It will be the end of 2022 before we know it. Christmas *may* have arrived at my house the day after Halloween... don't judge me!

Thank you to all the volunteers and participants who braved the Stone Mill 50 Mile Run last weekend (and anyone who has worked for a race of this distance know that volunteering requires bravery as well) - big thank you to Barry Hauptman once again for his hard work and dedication to the race.

We hope some of you are ready to Run Under the Lights tomorrow evening! Instructions are being resent around the same time you are receiving this message, so if you are still waiting to find out your bib number, please keep an eye out for that & be sure to check your spam! Remember, you can always use the "[Find a Participant](#)" tool on the race website to look up your bib number prior to packet pickup! **The deadline to transfer bibs was November 11th - please note that preparations were made early this week and no more transfers or cancellations can be accepted.**

The race committee is still busy finalizing the race calendar and we will start to upload the 2023 races on the webpage as soon as possible - thank you for your patience! That being said, registration is already open for the 2023 Pike's Peak 10K, so register early and save! Details are available on [the website](#).

On behalf of the board & staff, we want to wish each of you & yours a very Happy Thanksgiving. As every year, we are thankful for your membership, loyalty, and friendship. Whether you are hosting or travelling, please stay safe and healthy!

Ashley Zuraf

Upcoming Races & Race News

Nov. 19th - Run Under the Lights - THE 2022 EVENT IS SOLDOUT!

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!

I'M A MEMBER. NOW WHAT?

Well, first of all, WELCOME! We are glad you're here.

There are a few ways to quickly get busy using your new club membership. One way is to join a training program. In my personal opinion and experience, this is the best way to meet other members of similar pace and goals. You can imagine that spending hours with your pace group out on the trails - in the heat, rain, and even snow/ice might encourage some friendships. I met some of my best friends to this day in a pace group. We've gone to each others weddings and have shared holidays together. MCRRC offers training programs year-round and our directors are just top notch - if you haven't already, check them out under the "Training" tab on our website & find one that aligns with YOUR goals today!

Another way to jump in, is to show up to a [weekly workout](#). Weekly workouts are completely free and vary in pace and distance. Still not sure? Shoot an email to the workout leader listed on the webpage! They would be happy to tell you more about the runs such as how many people typically show up and what the paces usually look like. They can also get you linked into the group's communication group so you can keep on top of changes or cancellations!

But perhaps the biggest MCRRC Member benefit is our annual lineup of **FREE, LOW-KEY RACES**. With your MCRRC membership, you have the opportunity to participate in at least 20

free races per year of varying distance. Most of the questions that I receive in my inbox everyday pertain to participating in these races and how that works. The point of today's Q&A is to help you through that process.

How do I find a list of free, low-key races?

This is an easy one! Our races can all be found under the ["Upcoming Races"](#) tab on our website. Races with no \$ next to the name are considered free, low-key races. Races with a \$ next to the name are premium races and have a registration fee. There isn't much left to see at this point in the year - we only have 3 more low-key races left on the calendar. But if you are a brand new member, you can use the back arrow to view the races that have already passed. They won't change much for 2023 other than a shift in date here & there...

Great, I'm ready to participate. How do I sign up?

We're glad you asked - the good news is this is a pretty easy process and only has to be done ONCE per year! The first thing you will need to do is to visit our [2022 Member Low-Key Registration page](#) to get your very own 2022 MCRRC Member bib & chip. There is no cost to do so. Once you have done this, your bib and chip will be waiting for you at the first low-key race of the year that you participate in. If you are a new member running for the first time, you will need to bring a \$5 chip deposit. If you were a previous member and are still holding a chip from a prior year, you can bring that one with you and exchange it for a 2022 chip to avoid the \$5 deposit.

Here's the fun part - once you have your bib & chip for the year, you don't have to visit any low-key registration table again! You (and your chip) will be put in the system and for the rest of the year, you can just show up and head straight to the starting line. We already know who you are!

What happens if I misplace my Member bib?

If you lose your bib, no need to worry. Just visit the registration table at your next low-key race and let the volunteers know you misplaced your bib. They will give you a blank bib and sharpie and you can make a new one. It won't be as fancy as your original one, but they *are* low-key races after all...

What happens if I misplace my chip?

It depends. Since certain factors can effect how this situation is handled, your best bet is to see the timing team/ registration folks at the next low-key race you want to run, and they will assist you. Bring another \$5 deposit with you, too!

Do I just keep this bib and chip for the duration of my membership?

Nope! You will notice your current low-key bib has "2022" on it. In just shy of two months it will no longer be 2022. So then what? Easy - you just repeat the process again! Once the last low-key race of the year passes (which is currently Jingle Bell Jog on December 11th), we will release a new "2023 Member Low-Key Registration page" and you will sign up all over again! When you attend your first low-key race of 2023, you'll simply turn over your 2022 chip and receive a new bib & chip for 2023. And so on and so forth.

Where can I find this information on the website?

A little birdy told me that a website re-organization is underway and that this information will be easier to find soon, but for now, you can find it [here](#).

Anything else cool about low-key races?

There sure is! Selected club races fall into one of our annual series. Points are awarded to top finishers for these designated races and used to determine overall and age-group champions for the year. Monetary prizes and gift cards are awarded at the club's annual awards brunch! More information on the series can be found [here](#).

I hope that this helped answer some questions on how the process works and we hope to see many members (both new *and* old) at the remaining 3 low-key races this year.

SAVE THE DATE: Annual Business Meeting

Please save the date for our Annual Business Meeting on Thursday, December 15, 2022 at 7:00 PM.

This is the meeting where the board reviews the year-ending and seeks the membership's approval of the next year's proposed budget.

The meeting will once again take place via Zoom and details will be sent to all members by e-mail prior to the 15th. Additionally, the Zoom invitation will appear on our "Special Events" page on our website a few hours before the meeting starts. The page can be found under "calendar." The budget will be voted on online during and after the meeting.

Once the budget is posted to the website for review, an announcement will be made on both MCRRC-Info and via direct email.

Reviewing & voting on the club's budget is one of your most important jobs as a member and we hope to see as many of you as possible on the 15th!

Shipping-Free Shopping: THIS SUNDAY!

Save on shipping and shop our in-person gear sale this Sunday November 20th from 11:30AM-12:30PM. We will sell the merchandise that we normally sell online AND some old race premiums and volunteer shirts. ***This will not be the "yard sale" event where you can sell your own used items--that has been postponed until the spring.*

Check out the online Gear Shop for the merch that will be sold Sunday (long sleeve shirts, hoodies, quarter zips, LED beanies, wool socks, as well as summer items)

<https://runsignup.com/Club/Store/MD/Rockville/MontgomeryCountyRoadRunnersClub>

In addition, we'll have:

- *Parks Half-Marathon Short Sleeve Volunteer tie-dye cotton tees (lots of smalls; other sizes limited)*
- *Parks Half-Marathon Long Sleeve Race technical shirt, blue (S - XL) and green (L - XL)*
- *Parks Half-Marathon caps and hats*

- *New! MCRRC Transition Wrap in grey*
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Competitive Racing Team Results

By: *Nicolas Crouzier*

Here are the team's results:

Run Through the Grapevine 8K -- 2022-11-13

Mark Adams 38:18 (Age group rank: 1st of 10, Gender rank: 13th of 58, Overall rank: 19th of 91)

Richmond Marathon -- 2022-11-12

Liz Ozeki 3:25:56 (Age group rank: 12th of 234, Gender rank: 51st of 1733, Overall rank: 273rd of 3389)

Jamie McGuire 3:37:11 (Age group rank: 41st of 255, Gender rank: 311th of 2158, Overall rank: 406th of 3389)

Stone Mill 50 Mile -- 2022-11-12

Nicolas Crouzier 7:21:30 (Gender rank: 1st of 126, Overall rank: 1st of 175)

parkrun Burgess -- 2022-11-12

Monika Schneider 20:47 (Gender rank: 1st of 218, Overall rank: 58th of 542)

New York City Marathon -- 2022-11-06

Adrian Spencer 2:51:44 (Age group rank: 60th of 3768, Gender rank: 279th of 26539, Overall rank: 308th of 47745)

Laura Ramos 4:03:44 (Age group rank: 515th of 3230, Gender rank: 3084th of 21160, Overall rank: 10863rd of 47745)

Rockville 10K -- 2022-11-06

Aaron Anderson 36:55 (Age group rank: 1st of 17, Gender rank: 1st of 184)

David Storper 37:46 (Age group rank: 1st of 19, Gender rank: 3rd of 184, Overall rank: 3rd of 363)

Robert Palmer 40:59 (Age group rank: 4th of 19, Gender rank: 9th of 184, Overall rank: 10th of 363)

Anna Bosse 41:30 (Age group rank: 1st of 12, Gender rank: 3rd of 179, Overall rank: 14th of 363)

Monika Schneider 43:15 (Age group rank: 2nd of 26, Gender rank: 5th of 179, Overall rank: 22nd of 363)

Weiqun Zhou 47:46 (Age group rank: 2nd of 18, Gender rank: 35th of 184, Overall rank: 47th of 363)

Rockville 5K -- 2022-11-06

Paul Jacobson 20:32 (Age group rank: 2nd of 8, Gender rank: 8th of 235, Overall rank: 8th of 542)

Mark Adams 22:06 (Age group rank: 1st of 19, Gender rank: 19th of 235, Overall rank: 21st of 542)

Julie Sapper 22:51 (Age group rank: 1st of 39, Gender rank: 4th of 307, Overall rank: 30th of 542)

Bill Loomis 23:00 (Age group rank: 2nd of 11, Gender rank: 27th of 235, Overall rank: 31st of 542)

Veterans Day 10K -- 2022-11-06

Taylor Williamson 37:29 (Age group rank: 2nd of 41, Gender rank: 26th of 340, Overall rank: 27th of 749)

Sean Napier 39:31 (Age group rank: 2nd of 61, Gender rank: 30th of 340, Overall rank: 32nd of 749)

Erica Singleton 41:57 (Age group rank: 1st of 60, Gender rank: 5th of 406, Overall rank: 46th of 749)

Cindy Conant 42:12 (Age group rank: 1st of 4, Gender rank: 6th of 406, Overall rank: 50th of 749)

Harvest Hustle 5K -- 2022-11-05

Jim Dahlem 17:36.30 (Gender rank: 1st of 93, Overall rank: 1st of 255)

Indianapolis Monumental Marathon -- 2022-11-05

Lisa Levin 3:18:47 (Age group rank: 8th of 202, Gender rank: 176th of 1813, Overall rank: 867th of 4615)

Marine Corps 50K -- 2022-10-30

Liz Ozeki 3:33:05 (Age group rank: 1st of 85, Gender rank: 2nd of 324, Overall rank: 7th of 983)

Joseph Krzystofik 3:47:27 (Age group rank: 8th of 192, Gender rank: 11th of 659, Overall rank: 13th of 983)

Marine Corps Marathon -- 2022-10-30

Shlomo Fishman 2:50:44 (Age group rank: 15th of 834, Gender rank: 57th of 6508, Overall rank: 61st of 11199)

James Anderson 2:52:05 (Age group rank: 17th of 927, Gender rank: 68th of 6508, Overall rank: 72nd of 11199)

Aaron Anderson 2:53:27 (Age group rank: 20th of 927, Gender rank: 75th of 6508, Overall rank: 80th of 11199)

Melissa King 4:08:10 (Age group rank: 138th of 622, Gender rank: 819th of 4689, Overall rank: 2923rd of 11199)

parkrun College Park -- 2022-10-29

Alexandra Amidon 23:00 (Gender rank: 2nd of 68, Overall rank: 18th of 143)

Wayne Dunbar 24:52 (Gender rank: 21st of 67, Overall rank: 24th of 143)

parkrun Kensington -- 2022-10-29

Robert Palmer 19:13 (Gender rank: 3rd of 30, Overall rank: 3rd of 62)

Erica Singleton 19:44 (Gender rank: 1st of 29, Overall rank: 4th of 62)

Cindy Conant 20:48 (Gender rank: 2nd of 29, Overall rank: 8th of 62)

Melissa Rittenhouse 21:20 (Gender rank: 3rd of 29, Overall rank: 10th of 62)

Liz Ozeki 25:10 (Gender rank: 6th of 29, Overall rank: 18th of 62)

Fall Columbia Island 10K -- 2022-10-22

Cindy Conant 42:24 (Gender rank: 1st of 63, Overall rank: 5th of 77)

XC on the Farm 5K -- 2022-10-16

David Storper 19:02.68 (Age group rank: 2nd of 14, Gender rank: 2nd of 87, Overall rank: 2nd of 176)

Alex Booth 19:54.84 (Age group rank: 1st of 4, Gender rank: 5th of 87, Overall rank: 5th of 176)

Erin Kelman 20:20.70 (Age group rank: 3rd of 14, Gender rank: 6th of 87, Overall rank: 7th of 176)

Robert Palmer 20:47.96 (Age group rank: 5th of 14, Gender rank: 10th of 87, Overall rank: 11th of 176)

Anna Bosse 20:53.64 (Age group rank: 1st of 6, Gender rank: 2nd of 89, Overall rank: 12th of 176)

Liz Ozeki 21:26.95 (Age group rank: 1st of 5, Gender rank: 3rd of 89, Overall rank: 15th of 176)

Mark Adams 22:42.61 (Age group rank: 2nd of 11, Gender rank: 21st of 87, Overall rank: 25th of 176)

Marty Horan 23:33.91 (Age group rank: 4th of 11, Gender rank: 29th of 87, Overall rank: 33rd of 176)

Steven Andrews 25:36.04 (Age group rank: 6th of 16, Gender rank: 37th of 87, Overall rank: 41st of 176)

Baltimore Half Marathon -- 2022-10-15

Jordan Acton 1:21:11 (Age group rank: 5th of 304, Gender rank: 22nd of 1875, Overall rank: 22nd of 3857)

Baltimore Marathon -- 2022-10-15

Nicolas Crouzier 2:32:29 (Age group rank: 2nd of 175, Gender rank: 4th of 1121, Overall rank: 4th of 1695)

Kristen Kelman 3:07:10 (Age group rank: 2nd of 88, Gender rank: 5th of 574, Overall rank: 59th of 1695)

Michelle Miller 3:38:34 (Age group rank: 8th of 83, Gender rank: 47th of 574, Overall rank: 247th of 1695)

parkrun College Park -- 2022-10-15

Jim Dahlem 17:30 (Gender rank: 1st of 65, Overall rank: 1st of 150)

Margaret Sprock 18:53 (Gender rank: 1st of 80, Overall rank: 4th of 150)

Cindy Conant 20:39 (Gender rank: 2nd of 80, Overall rank: 8th of 150)

Army 10 Miler -- 2022-10-09

Aaron Anderson 58:09 (Gender rank: 74th of 7193, Overall rank: 81st of 12276)

James Anderson 58:24 (Gender rank: 81st of 7193, Overall rank: 90th of 12276)

Stephen Varney 59:13 (Gender rank: 98th of 7193, Overall rank: 108th of 12276)

Liz Ozeki 1:01:50 (Age group rank: 6th of 628, Gender rank: 22nd of 4892, Overall rank: 197th of 12008)

Chicago Marathon -- 2022-10-09

Jeff Elkins 2:58:59 (Age group rank: 308th of 3503, Gender rank: 1731st of 20844, Overall rank: 1894th of 39343)

Bill McNary 3:14:54 (Age group rank: 257th of 2521, Gender rank: 3454th of 20844, Overall rank: 3989th of 39343)

Mohawk Hudson River Half Marathon -- 2022-10-09

Cindy Conant 1:30:57 (Age group rank: 1st of 16, Gender rank: 12th of 431, Overall rank: 61st of 744)

Steamtown Marathon -- 2022-10-09

Erin Kelman 3:01:07 (Age group rank: 3rd of 48, Gender rank: 47th of 504, Overall rank: 52nd of 865)

IRONMAN World Championship -- 2022-10-08

Bryan Rivera 10:47:31 (Age group rank: 312th of 419, Gender rank: 1295th of 2376)

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!

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