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## Montgomery County Road Runners Club

**Ins & Outs - December 9, 2022**

*"We Are Running in Montgomery County"*



Dear Members -

I guess I can now officially say, "happy holidays!"

The end of the year is a really busy time here in the club, so please take note of the information I'll be sharing today. The newsletter itself is short on sections, but this opening letter is bursting with information.

First of all, thank you to Chuck & Michele Potter for another great **Seneca Slopes** last weekend! We appreciate their dedication to this race and of course, the participation of everyone who came out, and especially the hard work of the volunteers! Volunteering for the winter races is no easy task and we appreciate all of you!

This weekend features our very final 2022 race - and always a fun one - the **Jingle Bell Jog**. This is such a fun race to scroll through the pictures. I love to see all the holiday gear and Santa hats going by. This is your last chance to participate in a low-key race for the year and the last time you'll be wearing those 2022 bibs & chips!

The full listing of 2023 races are now on the webpage! You will notice a few races appear in months you are not used to seeing them. This is not a mistake - we really do our best to pick the best times of year for each unique course as well as to take into the account the personal schedules of our hardworking race directors (who are volunteers, too!). Permitting for 2023 races is now in full swing (If you are needing tasks from me and I am slower than usual, this is why. Permitting is not for the faint of heart, so please be kind...). With each permit submitted, registrations are opening, volunteer lists are opening, and things are being moved along. Thank you all for your patience as my team of myself navigates an entire year's worth of events and updates!

There are two important pieces of information to be on the lookout for in the coming week: first, **our annual budget meeting is scheduled for Thursday, December 15th at 7:00 PM**. This is the meeting where our membership approves the next year's budget and attending is an important part of being an MCRRC member. If it's not on your calendar, please do add it -- even if it's in pencil. The meeting will take place on Zoom, which makes it much easier to participate. Details & the link will be posted to the MCRRC-Info listserv and emailed directly to all current members with a valid email

address early next week. The link will also be shared on the ["Special Events" page](#) under "Calendar" on our website **later Thursday afternoon**. Please understand that the early evening hours are a difficult time for me to be available to you because they belong to my family. There always seems to be someone looking for the meeting link, and for this reason, I am happy to provide an online resource for that information. Please hang onto that link & check there if for some reason you do not see my email (check your spam, too!)

Second, we plan to open the registration form for the **2023 Member Low-Key Bib & Chips** early next week. We have to wait until the last race of the year is wrapped up before opening that up for registration, to avoid confusion. Believe it or not, we still receive signups even into December - mainly from new members who will make the Jingle Bell Jog their MCRRC low-key race debut! This link will be shared on MCRRC-Info and emailed directly to members as well. The [Low-Key Race Entry Procedure](#) on our website will be updated and the link will begin to appear on each race webpage (thank you in advance for your patience as I work through that). So, that's two emails you can expect from me early next week - kind of like two, little holiday gifts.

Finally, just as Santa is preparing his naughty and nice lists, we are preparing our referral program winner lists! Stay tuned for information about receiving your referral incentives. The good news is that we have grown our membership significantly as a result of your efforts and will continue the program of rewarding members for referring friends in 2023.

Looking ahead, I'm quite certain I won't be writing a newsletter on Friday, December 23rd (most of you wouldn't read it anyways) so my goal is to release the newsletter by Wednesday of that week. Please note I said "goal" not "promise planted in stone" -- it's easy to fall victim to the hustle & bustle of the holiday season and I am no exception.

Have a great weekend, MCRRC, and I look forward to seeing those festive outfits from Sunday's final race of 2022!



Ashley Zuraf  
Executive Director

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## UPCOMING RACES & RACE NEWS

**Dec. 11th - Jingle Bell Jog** - **Registration is OPEN for non-members!** Check out the [race webpage](#) for more information.

**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 will open on December 15th (tentative) and updates will continue to be rolled out on the [race website](#).**

**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!

**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!

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

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## 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!**

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## 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.](#)

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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@mccrc.org](mailto:office@mccrc.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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