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Montgomery County Road Runners Club

Ins & Outs - Friday, February 10, 2023

"We Are Running in Montgomery County"



Dear Members -

I hope you are actually not reading this. It's such a beautiful day (much unlike what we usually experience in February) - so with that, I hope you are outside and not in front of your computer, like I am.

Sunday is the Superbowl and next Tuesday is Valentine's Day and we hope that however and if you are choosing to celebrate those, it's in a way that makes you happy.

February is Black History Month, the forefront of honoring the triumphs and struggles of African Americans throughout U.S. history. The club's own Betty Smith, a long-time coach, staff member of MCRRC's Run Performance Lab, and beloved member and friend known to many as "Dr. Betty", was proudly featured in an MCPS newsletter, which you can read [here](#).

Thanks to all who came out to **XC on the Farm** in its new spot on our calendar! Looking at the turnout, it would seem you prefer this new date to the old one! Big thank you to Rich Pesce and all the volunteers who contributed to making this a very successful race. Next up is **Kemp Mill C(hills)** this weekend! This race is part of our low-key series and is FREE for MCRRC Members! Registration is open through race morning for non-members, so bring a friend & show them why you run with MCRRC. We are grateful for your referrals, so keep them coming!

Last call to register for the **RRCA 10-Mile Club Challenge**, scheduled for Sunday, February 26th at Howard Community College. Online registration closes on February 16th and there is no walkup/ race day registration. Once registration closes, our roster will be verified. MCRRC membership is required to participate on the MCRRC team!

Also, the **MCRRC Annual Awards Banquet** is scheduled for Saturday, April 29th at AMP in Rockville. Don't worry - you didn't miss it! Registration is not yet open. Look for that announcement in early March.

The **3rd Annual Black (Running) History Month Virtual Panel** is coming up on Monday, February 27th and it's a free event - more on that below.

Have a great weekend, MCRRC!



Ashley Zuraf
Executive Director

UPCOMING RACES & RACE NEWS

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 is OPEN! Check out the [race website](#) for more information and to register. Volunteers are needed for this event!

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!

SO YOU THINK YOU CAN VOLUNTEER...

By: Kristen Kelman

Last Sunday, 1/29, MCRRC held their first low-key XC race of the year with the XC on the Farm 5K. Previously this race had been held in October, but it has moved to January for the future.

For this race, my husband and I volunteered *and* ran.



I helped with Registration and my husband helped with Parking. It was a pretty good day to volunteer as the wind and the cold started to let up in the days leading up to the race, but I was prepared with several extra volunteering layers over my running outfit!

I showed up at 7:15 for an 8:30am race and started handing out bibs immediately. Having volunteered in the Registration role a few times now, I'm really starting to like it because I know exactly what to do, even in most atypical situations. It was nice to see old friends exchanging their chips and meet so many new members picking up their bibs and chips for the first time. WELCOME! Plus, the volunteer donuts and coffee helped keep my fingers warm.

I was able to finish registration a minute or two before the race started, so I jogged to the start line and was able to run! Moving this mostly grass and dirt race to January was brilliant as the ground was packed and hard, lending itself to fast times and smooth running. With just two small stretches of gravel road, it is truly a XC race, and brings out many of our club's XC lovers. I also love running at the Agricultural Farm because of the beautiful scenery. The "loop with a tail" course is great because you know when you're getting towards the end! It was great finishing feeling good having run AND helped.

I definitely recommend this combo and am looking forward to repeating it at Kemp Mill Chills this Sunday, 2/12!

Kristen Kelman is an MCRRC Member and part of the Racing Team. Together with her husband, also an MCRRC Member, her goal is to run, volunteer, or do BOTH, at every low-key race of 2023 and share her adventures along the way!

SAVE THE DATE: 3rd ANNUAL BLACK (RUNNING) HISTORY MONTH AT MCRRC

Please save-the-date for the **3rd Annual Black (Running) History Month Virtual Panel**. The event is scheduled for Monday, February 27th from 6-8pm. More information will be released closer to the event.

You don't want to miss this FREE conversation with its distinguished invited panelists:

1. Office of Senator Cory Booker, former college athlete and Senate champion of reparations for

Black athletes.

2. Prof. Tiffany Chenault- Boston Marathon Runner and Professor at the intersection of sociology, running and Black communities.
3. Issa Olufemi- Founder of Baltimore based Black Running Organization .
4. Tes Sobomehin Marshall- Endurance Business owner (Running Nerds) and RRCA Certified Race Director at Atlanta's The (Half Marathon) Race.
5. Dr. Gashaw Abeza - Race Director of DC metro's Grand African (5K) Run.
6. Pryde Ndingwan- Sports Immigration Attorney.
7. Tony Reed- Founder of National Black Marathoner Association
8. Moderator- Sylvie Bello, MCRRC Member.

More information is coming soon!

NEED ADVICE? COMING SOON TO *INTERVALS*!

Intervals would like to introduce our new MCRRC advice column to help members with running-related challenges. As we bring this new column to the start line, we need you to:

- Volunteer your expertise to answer questions (e.g., health, nutrition, coaching, technique, gear)
- Suggest a catchy title for the column
- Let us know what you want to know! Send your questions to intervals@mcrcc.org

If you'd like to help, please contact Catherine Howard via intervals@mcrcc.org.



COMPETITIVE RACING TEAM RESULTS

By: Nicolas Crouzier

Here are the team's results:

Surf City Half Marathon -- 2023-02-05

Shlomo Fishman 1:16:01 (Age group rank: 7th of 525, Gender rank: 19th of 3701, Overall rank: 19th of 7525)

Rocky Raccoon 100 -- 2023-02-04

Ryan Johnson 23:07:22 (Age group rank: 10th of 51, Gender rank: 45th of 195, Overall rank: 56th of 247)

XC on the Farm 5K -- 2023-01-29

Nicolas Crouzier 17:13.10 (Age group rank: 1st of 16, Gender rank: 2nd of 151, Overall rank: 2nd of 245)

David Storper 19:10.18 (Age group rank: 1st of 16, Gender rank: 6th of 151, Overall rank: 6th of 245)

James Anderson 19:21.97 (Age group rank: 2nd of 16, Gender rank: 7th of 151, Overall rank: 7th of 245)

Hasan Hobbs 19:24.67 (Age group rank: 2nd of 16, Gender rank: 8th of 151, Overall rank: 8th of 245)

Ryan Johnson 19:25.69 (Age group rank: 3rd of 16, Gender rank: 9th of 151, Overall rank: 9th of 245)

Kevin Camp 19:34.34 (Age group rank: 4th of 10, Gender rank: 11th of 151, Overall rank: 11th of 245)

Chris Shaw 19:37.01 (Age group rank: 3rd of 16, Gender rank: 12th of 151, Overall rank: 12th of 245)

Margaret Sprock 19:55.91 (Age group rank: 1st of 8, Gender rank: 1st of 94, Overall rank: 14th of 245)

Taylor Williamson 20:23.99 (Age group rank: 1st of 16, Gender rank: 14th of 151, Overall rank: 15th of 245)

Bill McNary 21:07 (Age group rank: 1st of 16, Gender rank: 21st of 151, Overall rank: 22nd of 245)

Brian Murphy 21:09.92 (Age group rank: 4th of 16, Gender rank: 23rd of 151, Overall rank: 24th of 245)

Michelle Miller 21:23.46 (Age group rank: 1st of 14, Gender rank: 2nd of 94, Overall rank: 28th of 245)

Erin Kelman 21:51.97 (Age group rank: 5th of 16, Gender rank: 28th of 151, Overall rank: 30th of 245)

Peter Bandettini 21:55.94 (Age group rank: 2nd of 13, Gender rank: 29th of 151, Overall rank: 31st of 245)

Mark Adams 22:54.13 (Age group rank: 1st of 14, Gender rank: 46th of 151, Overall rank: 50th of 245)

Meg Ryan 23:32.45 (Age group rank: 2nd of 14, Gender rank: 6th of 94, Overall rank: 59th of 245)

Kristen Kelman 24:29.16 (Age group rank: 2nd of 8, Gender rank: 7th of 94, Overall rank: 63rd of 245)

Weiqun Zhou 25:43.51 (Age group rank: 4th of 14, Gender rank: 65th of 151, Overall rank: 75th of 245)

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.

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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