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Montgomery County Road Runners Club

Ins & Outs - September 23, 2022

"We Are Running in Montgomery County"



Dear Members -

Well, if this doesn't feel like fall, I don't know what does! It's going to be a beautiful day, but this morning was definitely too cold for me. It's reminding me how close I am to my several month ban of outdoor exercise. I am not ready for the daily slog on the Peloton. I just need more summer.

Understanding that most of you actually enjoy running in the cooler temperatures, it's your season! Fall programs are filled and closed for registration and we're turning our attention to getting the winter programs up & running! The Winter Marathon Program is already open for registration if you haven't noticed that yet and we're hoping the others will follow suit very soon. Keep an eye on our website for those details!

Congrats to all who participated in the very, very wet Parks Half Marathon. Definitely not ideal weather conditions, but you all rocked it! If only that unstoppable rain could have been predicted - I would have recommended the premiums say "I survived the 2022 Parks Half Marathon." Nonetheless, huge CONGRATS to all of you and especially to our new race director, Kiki Li, for a successful debut event! Of course none of that would have been possible without ~~our spokesdog~~ the hundreds of volunteers! Yes, it takes hundreds to support an event of this size. The club and all the participants are grateful for your hard work and dedication. Do you know what's even worse than running a half marathon in the pouring rain? Standing in it, volunteering. So MAJOR thank you to all who braved the conditions.

Cabin John Kids' Run is happening this Sunday for the first time since 2019 - get the kiddos out to run! It should be a beautiful morning. Pre-registration (online) is required this year, so please be sure to [check out our website](#) and sign up! Participation is completely free, but we are requiring pre-registration this year -- even if you are a member!

It's hard to believe that 2022 is starting to wind down. There are not too many opportunities left to race with MCRRC this year, so I really hope we see you out there in the coming weeks!

Have a great weekend, MCRRC!



Ashley Zuraf
Executive Director

Upcoming Races & Race News

Sept. 25th - Cabin John Kids' Run - *NEW THIS YEAR! Registration is OPEN for EVERYONE.** The race is free, but ALL PARTICIPANTS MUST REGISTER ONLINE IN ADVANCE! Check out the [race webpage](#) for more information. Volunteers are needed!

Oct. 1st - Black Hill 10K - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed!

Oct. 16th - XC on the Farm - Permits & registration pending.

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 - Registration opens 10/5.

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 - Permits & registration pending.

Dec. 11th - Jingle Bell Jog - Permits & registration pending.

Member Spotlight: WHO'S NEXT?

MCRRC Would Like to Spotlight Our Members! All of our members have a story about their running journey and what motivates them to run. We would like to spotlight your story or the story of another great member you know using MCRRC's various communications platforms. Our vision is to celebrate the diverse stories and voices of our membership (race, national origin, religion, sexual orientation, gender identity, ability, etc.).

To submit your story, go to the form [MCRRC Member Spotlight](#).

You're Invited!



Please join us for a **MEMBER APPRECIATION HAPPY HOUR** on Thursday, October 20th from 5-8pm at Lone Oak Brewery in Olney!

We have planned an evening of music, outdoor games, drinks & food so you can get to know other members and see who's who when they aren't wearing running clothes!

Each member attending will receive one beverage "on us" (Lone Oak brews, hard seltzer, and non-alcoholic beverages available) as well as complimentary pizza, pretzels & more! Additional beverages will be available for purchase.

The event will take place in the private, outdoor pavillion behind the brewery. Attendance is FREE, but we really do need a head count to help us plan. Please kindly [RSVP HERE](#) by Monday, October 17th. *Adult-only attendance is encouraged.*

We hope to see you there!

Help Wanted!

MCRRC is seeking a part-time, seasonal accountant to assist the MCRRC Treasurer with financial oversight and operations. The accountant will report to the Executive Director and Treasurer. Hours will vary based upon tasks to be completed. Work will be intermittent and on an "as needed" basis.

The primary responsibilities will include, but not be limited to:

- Completing monthly bank reconciliations
- Preparing monthly financial reports for board meetings, or as requested
- Remitting quarterly sales taxes, if applicable
- Preparing annual IRS documents, such as Personal Property Taxes, etc.
- Overseeing the fall budgeting process
- Assisting the CPA with the annual 990 information, including reviewing the return for accuracy

The ideal candidate will have a financial/ accounting background and be fluent with Quickbooks. Prior experience with budgeting and bookkeeping will be helpful, as will a familiarity with non-profit accounting and Form 990 (long form). Strong communication skills are a must, as well as the ability to meet deadlines. Hourly pay rate to be discussed. This is a telework position and a laptop can be provided if necessary.



Cadence

The Beat from MCRRC's Inclusion and Equity Committee

Land Acknowledgement

We recognize the indigenous and formerly enslaved peoples who were displaced from or trafficked to this land. In addition, we acknowledge the land on which we run by showing our gratitude and respect for the trails and roads.- [MCRRC Values Statement #6](#)

As the season shifts from Summer to Fall, we mark the change with a moment of reflection. Our training is peaking and our focus turns to the fall racing season. We run throughout Montgomery County, visiting and revisiting our meeting spots as we build our strength and renew our commitments to healthy living. With fresh mindfulness to ground our emergence into what is familiar and new, we bring to your attention the MCRRC Values Statement on land acknowledgement. How often have we taken time to think about the land we run on every day - its history of ownership, migration, trafficking, conflict, and progress?

All of our running routes have history. When we choose a place to run, it's important to understand the context of the land throughout history. Our running routes contain the stories of those who have gone before us - from Indigenous peoples who stake claim to the land and have been stewards and spiritually connected to the abundance of its ecosystems, to their subjugation and erasure, and Black enslaved peoples who were displaced to work the land for the abundance of white supremacy. By recognizing the history of the land, we center the struggle and resistance that took place and contextualize our privilege to share the space and engage in an activity that brings us joy.

In light of Indigenous Peoples' Day on October 11, we ask that you follow your land acknowledgement with action. Below, we provide a few resources to promote respect for the lands we run on. Do the research and practice reciting a land acknowledgement before your runs. Donate to a Native-led, Native-centered organization. We also know many of you are knowledgeable experts on Montgomery County history and we welcome any related resources you can share. Please email us at diversity@mcrcc.org.

[Land Acknowledgements and How We Relate to the Trails We Run](#) (Trail Runner Magazine, September 21, 2020).

Land acknowledgements are relevant to both paved and natural trails. This article describes how land acknowledgements can enhance our runs by connecting to the land and its communities.

[Native Land](#) (online app)

This online application allows you to enter in your location and helps identify its native land history. According to its mission, "We strive to map Indigenous lands in a way that changes, challenges, and improves the way people see the history of their countries and peoples. We hope to strengthen the spiritual bonds that people have with the land, its people, and its meaning."

[How to Make a Land Acknowledgement](#) (DuwamishTribe.org, accessed May 21, 2021)

If as a runner, program director, race director, or coach, you would like to make a land acknowledgement for your runs, this resource provides an example for how to write one. A land acknowledgement is an old, cultural practice by indigenous communities, but for non-indigenous communities, it is "a powerful way of showing respect and honoring the Indigenous Peoples of the land on which we work and live."

[Native Women Running](#)

Native Women Running's mission is to build and nurture a community that features and encourages Native women runners on and off the reservation. We strive to increase visibility in the running world nationwide and worldwide for historically excluded runners. They accept gifts [here](#).

As we continue to roll-out the newly adopted [MCRRC Values Statement](#), we invite you to join our conversations, and/or suggest an idea for a future I&E discussion. Please reach out to diversity@mcrrc.org.

Competitive Racing Team Results

By: Nicolas Crouzier

Here are the team's results:

By Hook or By Crook USATF Masters 12K -- 2022-09-18

Chris Shaw 44:55 (Age group rank: 9th of 28, Gender rank: 35th of 204, Overall rank: 35th of 299)

Mark Neff 46:45 (Age group rank: 4th of 33, Gender rank: 52nd of 204, Overall rank: 54th of 299)

DC Half -- 2022-09-17

Shlomo Fishman 1:35:37 (Age group rank: 45th of 353, Gender rank: 132nd of 1035, Overall rank: 162nd of 2230)

Needwood 10K -- 2022-09-17

Nicolas Crouzier 34:42.27 (Age group rank: 1st of 6, Gender rank: 1st of 47, Overall rank: 1st of 81)

Brett Ruff 40:15.65 (Age group rank: 2nd of 6, Gender rank: 2nd of 47, Overall rank: 2nd of 81)

David Storper 40:21.04 (Age group rank: 1st of 7, Gender rank: 3rd of 47, Overall rank: 3rd of 81)

Michelle Miller 42:46.98 (Age group rank: 2nd of 5, Gender rank: 2nd of 34, Overall rank: 6th of 81)

Anna Bosse 42:51.81 (Age group rank: 1st of 2, Gender rank: 3rd of 34, Overall rank: 8th of 81)

Liz Ozeki 45:49.74 (Age group rank: 1st of 1, Gender rank: 5th of 34, Overall rank: 14th of 81)

Marty Horan 47:40.23 (Age group rank: 1st of 8, Gender rank: 12th of 34, Overall rank: 17th of 81)

Mark Adams 47:58.14 (Age group rank: 2nd of 8, Gender rank: 14th of 34, Overall rank: 19th of 81)

Poolesville Day 5K -- 2022-09-17

Hasan Hobbs 19:04 (Age group rank: 1st of 34, Gender rank: 1st of 183, Overall rank: 1st of 338)

Lisa Levin 21:16 (Age group rank: 1st of 30, Gender rank: 1st of 155, Overall rank: 22nd of 338)

Grindstone 100 -- 2022-09-16

Kristen Kelman 27:37:47.60 (Age group rank: 5th of 7, Gender rank: 5th of 17, Overall rank: 42nd of 134)

Cal Tri DC -- 2022-09-11

Aaron Trulock 1:32:28.90 (Age group rank: 4th of 14, Gender rank: 33rd of 75, Overall rank: 40th of 119)

Parks Half Marathon -- 2022-09-11

Christopher Phillips-Hart 1:10:35 (Age group rank: 2nd of 28, Gender rank: 3rd of 566, Overall rank: 3rd of 1042)

Nicolas Crouzier 1:12:50 (Age group rank: 1st of 70, Gender rank: 6th of 566, Overall rank: 6th)

of 1041)

Clay Martin 1:18:45 (Age group rank: 5th of 48, Gender rank: 15th of 566, Overall rank: 15th of 1041)

Stephen Varney 1:23:23 (Age group rank: 5th of 107, Gender rank: 30th of 566, Overall rank: 34th of 1041)

David Storper 1:23:54 (Age group rank: 3rd of 87, Gender rank: 32nd of 566, Overall rank: 36th of 1041)

Jim Dahlem 1:24:41 (Age group rank: 4th of 87, Gender rank: 33rd of 566, Overall rank: 37th of 1041)

Gene Park 1:27:11 (Age group rank: 2nd of 73, Gender rank: 38th of 566, Overall rank: 43rd of 1041)

Kevin Camp 1:27:51 (Age group rank: 9th of 48, Gender rank: 40th of 566, Overall rank: 45th of 1041)

Taylor Williamson 1:28:10 (Age group rank: 7th of 107, Gender rank: 41st of 566, Overall rank: 47th of 1041)

Shlomo Fishman 1:29:04 (Age group rank: 12th of 487, Gender rank: 47th of 566, Overall rank: 54th of 1041)

Michelle Miller 1:29:48 (Age group rank: 2nd of 96, Gender rank: 8th of 475, Overall rank: 61st of 1041)

Robert Palmer 1:33:10 (Age group rank: 8th of 87, Gender rank: 63rd of 566, Overall rank: 73rd of 1041)

Brian Murphy 1:34:31 (Age group rank: 14th of 70, Gender rank: 69th of 566, Overall rank: 81st of 1041)

Bill McNary 1:35:19 (Age group rank: 4th of 73, Gender rank: 75th of 566, Overall rank: 87th of 1041)

Monika Schneider 1:35:29 (Age group rank: 2nd of 65, Gender rank: 13th of 475, Overall rank: 90th of 1041)

Cindy Conant 1:35:46 (Age group rank: 1st of 18, Gender rank: 14th of 475, Overall rank: 92nd of 1041)

Meg Ryan 1:40:42 (Age group rank: 4th of 96, Gender rank: 23rd of 475, Overall rank: 119th of 1041)

Mark Adams 1:43:32 (Age group rank: 3rd of 45, Gender rank: 116th of 566, Overall rank: 143rd of 1041)

Bryan Rivera 1:44:24 (Age group rank: 19th of 70, Gender rank: 123rd of 566, Overall rank: 154th of 1041)

Laura Ramos 1:44:29 (Age group rank: 6th of 96, Gender rank: 32nd of 475, Overall rank: 156th of 1041)

Erin Kelman 1:49:27 (Age group rank: 27th of 87, Gender rank: 172nd of 566, Overall rank: 215th of 1041)

Frederick Market Street Mile -- 2022-09-10

Chris Shaw 4:51.10 (Age group rank: 1st of 18, Gender rank: 7th of 98)

Hasan Hobbs 5:00.80 (Age group rank: 2nd of 18, Gender rank: 10th of 98)

Peter Bandettini 5:08.40 (Age group rank: 3rd of 14, Gender rank: 16th of 98)

Mark Neff 5:09.30 (Age group rank: 1st of 17, Gender rank: 18th of 98)

Emily Pierce 6:28.10 (Age group rank: 2nd of 15, Gender rank: 15th of 92)

Larry Noel 15K -- 2022-09-04

Bill Loomis 1:13:45 (Age group rank: 1st of 7, Gender rank: 7th of 24, Overall rank: 8th of 36)

Lock 2 Lock Marathon -- 2022-09-04

Joseph Krzystofik 3:04:20 (Age group rank: 1st of 5, Gender rank: 1st of 24, Overall rank: 1st of 38)

Kentlands Lakelands 5K -- 2022-09-03

Chris Shaw 17:10 (Age group rank: 1st of 65, Gender rank: 2nd of 488, Overall rank: 2nd of 891)

Jim Dahlem 17:55 (Age group rank: 2nd of 65, Gender rank: 4th of 488, Overall rank: 4th of 891)

Hasan Hobbs 18:12 (Age group rank: 3rd of 65, Gender rank: 8th of 488, Overall rank: 8th of 891)

Gene Park 19:04 (Age group rank: 1st of 52, Gender rank: 17th of 488, Overall rank: 17th of 891)

Peter Bandettini 20:11 (Age group rank: 3rd of 28, Gender rank: 28th of 488, Overall rank: 28th of 891)

Marty Horan 21:30 (Age group rank: 1st of 29, Gender rank: 45th of 488, Overall rank: 51st of 891)

Mark Adams 21:42 (Age group rank: 2nd of 29, Gender rank: 51st of 488, Overall rank: 57th of 891)

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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