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## Montgomery County Road Runners Club

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

*"We Are Running in Montgomery County"*



Dear Members -

We're BACK!

Ins & Outs is off hiatus!

When I took on the task of publishing the bi-weekly newsletter back in 2020, it wasn't without hesitation. I already had a pretty full plate despite the start of the pandemic (remember when we said it was more work to manage the club when it was shut down than when it was open?). I like to be methodical and consistent in my tasks and I think anyone who follows this newsletter with any degree of regularity can attest to the fact that it's been anything but consistent. I do my best and one of the things I have been working on lately is accepting that sometimes your best has to be good enough.

My commitments (MCRRC & "not") are at an all-time high and I am learning there is no way to manage it all without a few missteps. And that's OK. It's no different from training really - you are going to get a cold, a work commitment is going to pop up on your track night, and don't get me started on the damage a sick child or a child who plays on far too many sport teams can do to your schedule. You adjust and adapt and that's what I am trying to do. That was a really, really long-winded way of saying thank you for your patience. The other moms at baseball told me that I tend to be long-winded (because yep - I signed up to be Team Mom, too) - they are not wrong.

But back to club business - it's Parks weekend! Our Parks Half Marathon team has been putting in a TON of work to bring you a really great event this year. Online registration is still open - there is still time to make that decision & signup for what's sure to be a beautiful Montgomery County, MD morning. Our Spokesdog has been back at work this year to drum up registrations. Did you know he works on commission? Help a pup out & signup today! [www.parkshalfmarathon.com](http://www.parkshalfmarathon.com)

Best of luck to all running this weekend. May your feet be swift, the wind at your back and the finish line food bountiful!

Have a great weekend, MCRRC & see you again (hopefully) in two weeks!



Ashley Zuraf  
Executive Director

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## Upcoming Races & Race News

**Sept. 11th - Parks Half Marathon - Registration is OPEN!** Check out [our website](#) for more information & to register! Volunteers are needed!

**Sept. 17th - Lake Needwood 10K XC - Registration is OPEN for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed!

**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 - Permits & registration pending.**

**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.**

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## Member Spotlight: REGINA SPALLONE

It's happened so quickly. One minute we are slogging through the cold winter months and enjoying a warm beverage in the early morning hours, and the next, we are chasing down our sweaty runs with as much ice water as possible! Running in the summer months is challenging to our sense of self—the heat and humidity slow us down and make us tire more quickly. But fall is upon us (though that can still be quite warm in this area). Regina reminds us to keep our expectations gentle and our joy maximal, and to celebrate all the small wins that are prevalent in running when you look for them!

**Name:** Regina Spallone

**Age Group:**

***Where do you live?***

Colesville, Maryland

***What is your day job?***

I work for the government, developing policies and programs to manage our fisheries.

***Other than running, what are your hobbies and talents?***

Hobbies? Many. Talents? Few.

I'm an avid cyclist, who also enjoys the seasonal sports of skiing and kayaking. Prior to the pandemic, I did triathlon, but I just haven't had the motivation to get back in the pool yet. During the pandemic, I picked up a variety of other hobbies. Sort of like throwing spaghetti at the wall - some have stuck and some have not. I took up baking (bagels, bread, English muffins), canning, pickling, beer and cider brewing, and crocheting. During a recent furlough, I picked up earring making. I have a ton of earrings I rarely wear, and are not good enough to sell (my thought) - so I give them away to friends and relatives.

***What motivates you to run?***

Eating and drinking too much. And - time with friends. "What happens on the run, stays on the run" - so running is both exercise and therapy.

***When did you get started running?***

I guess about 14 years ago. I hit a landmark birthday and wanted an activity I can do that was lower cost than cycling, and easy to do our my front door.

***What do you enjoy most about being a part of MCRRC?***

The community. The friends I have made along the way who challenge me and push me, and also support me when I want to just lay low for a bit.

***What is your favorite MCRRC Training Program?***

Probably Speed Development. It encourages me to stay active during the dark, cold days of winter with a group of warm friends. Tom runs a great program.

***What is your favorite MCRRC Low-Key race?***

The Jingle Bell Jog. It's festive - folks dress up in all sorts of fun holiday attire - and it's just a fun scene. When it comes to "races" - I'm all about the fun of it.

***What is your favorite volunteer position?***

Tough one - they're all great. I've stuffed packets, checked in volunteers, stood in the pouring rain as a course marshal, returned bags at bag check. You really can't go wrong with any volunteer spot.

***Who is your favorite coach, mentor or source of inspiration?***

Every person who gets out there and runs is a source of inspiration. All my fellow BOP runners. They are my people. The coaches in the programs are all great. I have learned so much from them all. Tom Brennan, Shirley Skorbiansky. Others.

***What's your preferred race distance?***

10k. Long enough to require some training and thought. Short enough that you don't have to spend all your time training or thinking about it. (See: Hobbies - I have other things on my plate - including other athletic endeavors)

***What was your best race experience?***

Any race where I exceed my minimal expectations is a great race experience. It's actually happened a few times - even as a back-of-the-pack runner - usually thanks to the great coaching and advice I get from the MCRRC training programs. For example - the first time I ever ran

Pikes Peek (after several years of doing programs and NOT doing any of the goal races) - I couldn't get over Tom's encyclopedic knowledge of the course. I followed his advice (as best as my legs could carry me) - where to push, where to ease up, what to expect at points along the way - and was amazed at what a great time I had. Perhaps my only regret on that one was that I likely could have pushed a little more and wrung a little more juice out of the legs.

***What was your worst race experience?***

A DNF at a duathlon (run-bike-run). I was nearly done with the bike leg, when I got taken out by another cyclist and ended up spending much of the rest of the day in the ER.

***What's the hardest race you've ever run?***

The recent EX2 Adventures Fountainhead Trail Run. I did the 10k++ (my Garmin put it at 7 miles even). It was non-stop up and down, with roots that reached up and grabbed your ankles as you tired. Relentless. Long. Brutal. I was never so glad to see the finish line.

***What's the strangest thing that you've seen in a race?***

Besides the costumes? Oh - at this year's (2021) Celtic Solstice - up at Druid Hill Park in Baltimore - a small herd of deer got spooked by the thousands of folks running through there early in the morning and bolted across the park road, through the pack of runners. I saw them coming - they crossed behind me - and although I heard the skittering of hooves on pavement - I am pretty sure no runner got hit.

***What is your favorite running gear?***

My Running Buddy Pouch - a magnetic wallet that holds my phone, car key, various cards, and some cash. It comes with me everywhere - even when I'm not running.

***How do you reward yourself after a hard workout?***

Depends on the season. In the winter - usually hot chicken soup is great after a hard workout. In the summer - a cool bath.

***What is your favorite running spot in MoCo?***

For pavement: I've recently come to enjoy running Sligo Creek Trail more. From Arcola Elementary School, down the trail and parkway, to Colesville Road and back is an even 7 miles. A perfect distance for me. It's a mix of road and paved trail with lots to see. For trail: The Northwest Branch trail. It's so close to me, it's a shame I don't run it more than I do.

***What running goals do you have?***

To stay healthy. And, if I'm injured, to get back to health so I can resume running with my friends. I'm a back of the pack runner and I'm not going to win any races. My goals are simply: fun and fitness. I am fortunate that I have met others who share my goals in the club.

***What else would you like to share that would help people better understand your personal running story?***

Not every experienced runner dreams of, or aspires to running marathons (or beyond). Or even half marathons. Not all 5k and 10k runners - in races or in programs - are beginners. Some of us are perfectly content to perfect the 10k distance or just go out and have fun. You don't need to run great distances to be a runner. You don't need to be fast, or win races, to be a runner.

**Editor's Note: Due to technical difficulties, we do not have a photo to include of Regina. We apologize for that.**

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***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](#).

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## Do YOU Love to Talk About MCRRC?

Everyone is an “influencer” these days. To our everyday friends, people we follow on Instagram or our training partners, we share the supplements that have worked well for us, the foam roller that took away our pain, or the workout that elevated our fitness to the next level. **Have you encouraged your friends or co-workers to join MCRRC?**

**MCRRC needs you** to share your experiences and your love of the club. We are asking our members to help us recruit new ones. Recently, we updated our membership form so that all prospects are asked to identify the club member who referred them. **With that, our new MCRRC Member Referral Program was born.**

The rules are simple: You refer a new member(s) to the club, the new member(s) includes your name during the registration process, and you receive incentive rewards from MCRRC! **New members must have joined the club between May 1<sup>st</sup> and November 15<sup>th</sup> of this year.**

- **Fun Run Influencer:** Refer 1 new member & a complimentary MCRRC car magnet.
- **5K Influencer:** Refer 3 new members & receive the above + \$20 off your next membership renewal.
- **10K Influencer:** Refer 5 new members & receive the above + a MCRRC Gear Shop item up to a \$20 value.
- **Marathon Influencer:** Refer 10 new members & receive a magnet, complimentary one-year membership renewal, and a Gear Shop item of any value.

You may be saying “I’m new to Montgomery County;” “none of my friends run;” or “all of my friends are already in the club.” The good news is, we still have an opportunity for you. Simply volunteer at an MCRRC packet pickup or low-key race to talk to non-members about the club and hand out our newly designed promo cards! You will receive credit for anyone who uses your name from that event + volunteer credit at the same time!

If you love running & the club, are creative & want to help the board in that capacity, please reach out to Deb Levy at [deb@debbielevy.com](mailto:deb@debbielevy.com).

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## Competitive Racing Team Results

*By: Nicolas Crouzier*

Here are the team's results:

### **Annapolis 10 Miler -- 2022-08-28**

Chris Sloane 54:30 (Age group rank: 2nd of 101, Gender rank: 4th of 700, Overall rank: 4th of 1256)

Shlomo Fishman 58:20 (Age group rank: 5th of 72, Gender rank: 15th of 700, Overall rank: 15th of 1256)

Silvia Baage 1:02:51 (Age group rank: 2nd of 98, **Gender rank: 3rd of 555**, Overall rank: 35th of 1256)

Kevin Camp 1:05:52 (Age group rank: 11th of 72, Gender rank: 48th of 700, Overall rank: 55th of 1256)

Brian Murphy 1:07:00 (Age group rank: 10th of 101, Gender rank: 53rd of 700, Overall rank: 62nd of 1256)

Lisa Levin 1:13:45 (Age group rank: 2nd of 81, Gender rank: 26th of 555, Overall rank: 137th of 1256)

#### **Philly 10K -- 2022-08-28**

Armand Silva 37:53 (Age group rank: 9th of 228, Gender rank: 34th of 1202, Overall rank: 39th of 2564)

#### **parkrun Kensington -- 2022-08-27**

Bill McNary 20:10 (Gender rank: 1st of 29, Overall rank: 1st of 56)

#### **Tracksmith Twilight 5000 -- 2022-08-26**

Taylor Williamson 17:22.64 (Overall rank: 33rd of 222)

Jim Dahlem 17:32.03 (Overall rank: 37th of 222)

Liz Ozeki 18:35.91 (Overall rank: 66th of 222)

Michelle Miller 18:37.11 (Overall rank: 69th of 222)

Peter Bandettini 18:43.52 (Overall rank: 72nd of 222)

Joseph Krzystofik 18:44.99 (Overall rank: 73rd of 222)

Adrian Spencer 19:40.43 (Overall rank: 98th of 222)

Cindy Conant 20:37.01 (Overall rank: 128th of 222)

#### **UTMB -- 2022-08-26**

Erin Kelman 33:56:14 (Age group rank: 42nd of 394, Gender rank: 321st of 1650, Overall rank: 350th of 1789)

#### **Falmouth Road Race -- 2022-08-21**

Cindy Conant 48:38 (Age group rank: 2nd of 227, Gender rank: 67th of 4874, Overall rank: 302nd of 8619)

Mark Adams 52:27 (Age group rank: 5th of 196, Gender rank: 398th of 3704, Overall rank: 531st of 8619)

#### **parkrun Kensington -- 2022-08-20**

Bill McNary 19:59 (Gender rank: 1st of 28, Overall rank: 1st of 51)

#### **Eastern County 8K -- 2022-08-14**

Jim Dahlem 30:35.38 (Age group rank: 1st of 7, Gender rank: 3rd of 71, Overall rank: 3rd of 129)

Alex Booth 32:28.77 (Age group rank: 2nd of 8, Gender rank: 6th of 71, Overall rank: 6th of 129)

Robert Palmer 32:55.19 (Age group rank: 2nd of 7, Gender rank: 7th of 71, Overall rank: 7th of 129)

Monika Schneider 34:55.39 (Age group rank: 1st of 6, Gender rank: 2nd of 57, Overall rank: 10th of 129)

Alexandra Amidon 39:54.67 (Age group rank: 2nd of 4, Gender rank: 5th of 57, Overall rank: 33rd of 129)

#### **Groovin' Woodstock XC -- 2022-08-14**

Alex Booth 29:58.55 (Age group rank: 1st of 2, Gender rank: 3rd of 47, Overall rank: 3rd of 78)

Michelle Miller 30:44.36 (Age group rank: 1st of 5, Gender rank: 1st of 31, Overall rank: 5th of 78)

Anna Bosse 31:17.75 (Age group rank: 1st of 3, Gender rank: 2nd of 31, Overall rank: 6th of 78)  
Liz Ozeki 32:25.96 (Age group rank: 1st of 2, Gender rank: 3rd of 31, Overall rank: 7th of 78)  
Robert Palmer 32:50.95 (Age group rank: 1st of 9, Gender rank: 5th of 47, Overall rank: 8th of 78)  
Mark Adams 34:04.57 (Age group rank: 1st of 7, Gender rank: 9th of 47, Overall rank: 12th of 78)  
Weiqun Zhou 36:46.54 (Age group rank: 3rd of 7, Gender rank: 16th of 47, Overall rank: 21st of 78)

#### **Eastern States 100 -- 2022-08-13**

Nicolas Crouzier 25:24:10.92 (Gender rank: 7th of 104, Overall rank: 7th of 121)  
Adrian Spencer 27:42:39.48 (Gender rank: 19th of 104, Overall rank: 20th of 121)

#### **parkrun College Park -- 2022-08-13**

Mark Neff 17:52 (Gender rank: 4th of 81, Overall rank: 4th of 157)  
Kevin Camp 18:11 (Gender rank: 6th of 81, Overall rank: 6th of 157)

#### **parkrun Kensington -- 2022-08-13**

Cindy Conant 24:56 (Gender rank: 1st of 26, Overall rank: 11th of 56)

#### **Dahlgren Heritage Rail Trail 50K -- 2022-08-06**

Joseph Krzystofik 4:04:50 (Age group rank: 3rd of 17, Gender rank: 7th of 66, Overall rank: 9th of 94)

#### **Going Green Track Meet 1 Mile -- 2022-08-06**

Kevin Camp 5:01.10 (Age group rank: 2nd of 7, Gender rank: 6th of 38, Overall rank: 6th of 50)  
Sean Napier 5:06.09 (Age group rank: 3rd of 7, Gender rank: 8th of 38, Overall rank: 8th of 50)  
Brett Ruff 5:08.80 (Age group rank: 3rd of 5, Gender rank: 10th of 38, Overall rank: 10th of 50)  
Alexandra Amidon 6:00.20 (Age group rank: 1st of 2, Gender rank: 2nd of 12, Overall rank: 25th of 50)  
Lisa Chilcote 6:36.10 (Age group rank: 1st of 2, Gender rank: 7th of 12, Overall rank: 36th of 50)

#### **Going Green Track Meet 2 miles -- 2022-08-06**

Nicolas Crouzier 9:41 (Age group rank: 1st of 8, Gender rank: 1st of 42, Overall rank: 1st of 58)  
Adrian Spencer 11:09 (Age group rank: 5th of 8, Gender rank: 10th of 42, Overall rank: 10th of 58)  
Jim Dahlem 11:18 (Age group rank: 1st of 3, Gender rank: 11th of 42, Overall rank: 11th of 58)  
Brian Murphy 11:42 (Age group rank: 6th of 8, Gender rank: 14th of 42, Overall rank: 15th of 58)  
Liz Ozeki 11:54 (Age group rank: 1st of 2, Gender rank: 2nd of 16, Overall rank: 17th of 58)  
Monika Schneider 12:46 (Age group rank: 1st of 2, Gender rank: 3rd of 16, Overall rank: 18th of 58)  
Paul Jacobson 12:54 (Age group rank: 1st of 4, Gender rank: 16th of 42, Overall rank: 19th of 58)  
Mark Adams 13:59 (Age group rank: 1st of 4, Gender rank: 25th of 42, Overall rank: 28th of 58)

#### **Going Green Track Meet 4x400 -- 2022-08-06**

Sean Napier 4:09.70 (Overall rank: 3rd of 7)  
Brian Murphy & Lisa Chilcote 5:31.10 (Overall rank: 5th of 7)

#### **Riley's Rumble Half Marathon -- 2022-07-31**

Shlomo Fishman 1:20:47 (Age group rank: 2nd of 9, Gender rank: 5th of 165, Overall rank: 5th of 165)

275)

Ryan Johnson 1:23:38 (Age group rank: 3rd of 9, Gender rank: 8th of 165, Overall rank: 8th of 275)

Jim Dahlem 1:28:10 (Age group rank: 1st of 18, Gender rank: 12th of 165, Overall rank: 13th of 275)

Liz Ozeki 1:30:15 (Age group rank: 2nd of 10, Gender rank: 2nd of 110, Overall rank: 16th of 275)

Brian Murphy 1:36:06 (Age group rank: 4th of 13, Gender rank: 19th of 165, Overall rank: 21st of 275)

Cindy Conant 1:40:11 (Age group rank: 1st of 11, Gender rank: 3rd of 110, Overall rank: 26th of 275)

Jeff Elkins 1:44:51 (Age group rank: 8th of 30, Gender rank: 30th of 165, Overall rank: 35th of 275)

Mark Adams 1:52:42 (Age group rank: 5th of 14, Gender rank: 50th of 165, Overall rank: 59th of 275)

Exavier Watson 2:11:01 (Age group rank: 18th of 30, Gender rank: 103rd of 165, Overall rank: 150th of 275)

#### **USATF Masters Indoor Championships 1500m -- 2022-07-31**

Mark Neff 4:59.83 (Age group rank: 1st of 15)

#### **USATF Masters Indoor Championships 800m -- 2022-07-30**

Mark Neff 2:23.27 (Age group rank: 5th of 16)

#### **Tracksmith Twilight 5000 -- 2022-07-29**

Jim Dahlem 17:38.33 (Overall rank: 43rd of 197)

Sean Napier 18:08.95 (Overall rank: 57th of 197)

Joseph Krzystofik 18:47.41 (Overall rank: 65th of 197)

Brian Murphy 18:56.09 (Overall rank: 70th of 197)

Tom DiChiara 18:58 (Overall rank: 11th of 197)

Lisa Levin 21:24.68 (Overall rank: 137th of 197)

#### **USATF Masters Indoor Championships 5K -- 2022-07-28**

Mark Neff 18:04.01 (Age group rank: 2nd of 17)

#### **DAM MILL 5K -- 2022-07-23**

Julie Sapper 22:33.60 (Age group rank: 1st of 9, Gender rank: 3rd of 60, Overall rank: 10th of 126)

#### **parkrun College Park -- 2022-07-23**

Kevin Camp 19:27 (Gender rank: 3rd of 64, Overall rank: 3rd of 137)

#### **parkrun Kensington -- 2022-07-23**

David Storper 18:39 (Gender rank: 2nd of 35, Overall rank: 2nd of 61)

Bill McNary 22:06 (Gender rank: 4th of 35, Overall rank: 4th of 61)

#### **Matthew Henson Trail 5K -- 2022-07-16**

Nicolas Crouzier 16:04.68 (Age group rank: 1st of 6, Gender rank: 1st of 74, Overall rank: 1st of 132)

Alex Booth 19:08.91 (Age group rank: 1st of 5, Gender rank: 5th of 74, Overall rank: 5th of 132)

Michelle Miller 19:46.27 (Age group rank: 1st of 11, Gender rank: 1st of 58, Overall rank: 8th of 132)



132)

Robert Palmer 20:02.38 (Age group rank: 1st of 7, Gender rank: 9th of 74, Overall rank: 10th of 132)

Liz Ozeki 20:24.67 (Age group rank: 1st of 4, Gender rank: 2nd of 58, Overall rank: 11th of 132)

Brian Murphy 21:35.54 (Age group rank: 5th of 6, Gender rank: 16th of 74, Overall rank: 19th of 132)

Cindy Conant 21:50.26 (Age group rank: 1st of 5, Gender rank: 4th of 58, Overall rank: 22nd of 132)

Mark Adams 21:55.99 (Age group rank: 2nd of 9, Gender rank: 21st of 74, Overall rank: 25th of 132)

Weiqun Zhou 22:34.70 (Age group rank: 4th of 9, Gender rank: 26th of 74, Overall rank: 30th of 132)

#### **parkrun Kensington -- 2022-07-16**

Robert Palmer 20:10 (Gender rank: 1st of 32, Overall rank: 1st of 53)

Liz Ozeki 21:04 (Gender rank: 1st of 20, Overall rank: 3rd of 53)

Cindy Conant 22:53 (Gender rank: 2nd of 20, Overall rank: 5th of 53)

#### **Country Road 5k -- 2022-07-10**

Alex Booth 18:32.05 (Age group rank: 1st of 4, Gender rank: 2nd of 57, Overall rank: 2nd of 92)

Joseph Krzystofik 18:58.52 (Age group rank: 2nd of 4, Gender rank: 4th of 57, Overall rank: 4th of 92)

Liz Ozeki 19:41.66 (Age group rank: 1st of 2, Gender rank: 1st of 35, Overall rank: 6th of 92)

Robert Palmer 19:55.41 (Age group rank: 1st of 2, Gender rank: 6th of 57, Overall rank: 7th of 92)

Mark Adams 22:03.91 (Age group rank: 2nd of 11, Gender rank: 18th of 57, Overall rank: 23rd of 92)

Weiqun Zhou 23:15.49 (Age group rank: 3rd of 11, Gender rank: 21st of 57, Overall rank: 26th of 92)

#### **Ironman 70.3 Musselman -- 2022-07-10**

Ryan Hadley 4:23:48 (Age group rank: 1st of 106, Gender rank: 9th of 554, Overall rank: 9th of 960)

#### **Loon Mountain Race -- 2022-07-10**

Jim Dahlem 1:13:08 (Age group rank: 5th of 30, Gender rank: 109th of 375)

#### **Madison Mini Half Marathon -- 2022-07-10**

Armand Silva 1:26:17.49 (Age group rank: 2nd of 72, Gender rank: 13th of 582, Overall rank: 13th of 1214)

#### **XTERRA EX2 @ Rocky Gap Off-road Duathlon -- 2022-07-10**

Erin Kelman 2:33:06 (Age group rank: 1st of 10, Gender rank: 1st of 17, Overall rank: 1st of 27)

#### **Catoclin 50K -- 2022-07-09**

Erin Kelman 5:42:25 (Age group rank: 2nd of 43, Gender rank: 7th of 106, Overall rank: 7th of 120)

Kristen Kelman 6:18:53 (Age group rank: 1st of 2, Gender rank: 2nd of 14, Overall rank: 14th of 120)

#### **Penn Relays Summer Showcase 1 miler -- 2022-07-09**

Mark Neff 5:12.18 (Age group rank: 1st, Gender rank: 23rd of 32)

#### **Penn Relays Summer Showcase 800m -- 2022-07-09**

Mark Neff 2:26.35 (Age group rank: 1st, Gender rank: 32nd of 37)

#### **parkrun Kensington -- 2022-07-09**

Liz Ozeki 19:57 (Gender rank: 1st of 16, Overall rank: 3rd of 34)

#### **Midsummer Night's Mile -- 2022-07-08**

Alex Booth 5:01.20 (Age group rank: 3rd of 7, Gender rank: 24th of 111, Overall rank: 24th of 154)

Sean Napier 5:09.30 (Age group rank: 4th of 7, Gender rank: 30th of 111, Overall rank: 31st of 154)

Erin Kelman 5:18.50 (Age group rank: 1st of 6, Gender rank: 36th of 111, Overall rank: 39th of 154)

David Storper 5:24.40 (Age group rank: 2nd of 6, Gender rank: 38th of 111, Overall rank: 42nd of 154)

Liz Ozeki 5:29.90 (Age group rank: 3rd of 9, Gender rank: 7th of 43, Overall rank: 45th of 154)

Alexandra Amidon 6:08.50 (Age group rank: 4th of 9, Gender rank: 13th of 43, Overall rank: 74th of 154)

Mark Adams 6:22.20 (Age group rank: 2nd of 9, Gender rank: 71st of 111, Overall rank: 86th of 154)

Weiqun Zhou 6:22.50 (Age group rank: 3rd of 9, Gender rank: 72nd of 111, Overall rank: 87th of 154)

#### **Autism Speaks 5K -- 2022-07-04**

Clay Martin 17:03.89 (Age group rank: 1st of 16, Overall rank: 5th of 489)

David Storper 17:51.60 (Age group rank: 1st of 22, Overall rank: 10th of 489)

Gene Park 19:21.91 (Age group rank: 1st of 31, Overall rank: 20th of 489)

Paul Jacobson 21:01.17 (Age group rank: 1st of 24, Overall rank: 31st of 489)

Jennifer Sample 25:39.54 (Age group rank: 2nd of 26, Overall rank: 91st of 489)

#### **Revolutionary Run -- 2022-07-04**

Joseph Krzystofik 18:44.66 (Age group rank: 1st of 14, Gender rank: 4th of 207, Overall rank: 4th of 410)

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