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Montgomery County Road Runners Club

Ins & Outs - Friday, August 18, 2023

"We Are Running in Montgomery County"



Dear Members -

The next time I sit down to write this newsletter, the kids will be back to school. I will have endured a few pretty big milestones with one starting their first year of elementary school (Kindergarten) and the other starting their last year of elementary school (5th grade). If you need me that Monday, you can find me curled up in a corner, sobbing. I will NOT BE OK. These last few weeks of summer, for me, are spent on the football field watching my older son's daily "joy & pain" while listening to the little cheerleaders' voices off in the distance. Nothing like some football to remind you that summer is almost a distant memory.

I start each summer with such big plans -- all the places we'll go, the things we'll do, and the BBQ's we'll host. And each summer ends the same -- with me wondering why I didn't accomplish any of it. Did you accomplish all that you wanted to this summer? Be those running or personal goals, I hope you did a better job than me.

The biggest thing that happens in the fall at MCRRC (aside from the Parks Half Marathon, of course) is next year's **race schedule**. I have good news for you: Our race committee is ALREADY hard at work on this, with plans to deliver it even earlier than you are used to. Oh, the spoils! As I say every year, this is a process and we truly appreciate your patience. Our volunteer race directors get to have a say in the dates (one of the few perks of the job) and then there's the process of our webmaster and myself getting it all loaded onto the site and edited... which takes time. Lots of time.

Speaking of the fall, I'll also use this space to let you know that the club does intend to host the **Marine Corp Marathon Hospitality Suite** in Crystal City, just like last year. Our suite coordinator and I are hard at work to get everything ready so be on the lookout for more information & a registration link soon!

Save the date for **Thursday, October 19th** for our annual, member appreciation happy hour, back at Lone Oak Brewery. A wonderful time was had by all last year, so if you weren't able to attend or are new to MCRRC, try to make it out this year!

Thank you to our most recent two race directors - Jim Whitnah for considering the environment at **Going Green** and Gretchen Bolton for another far-out adventure at

Groovin' Woodstock. They both did tremendous jobs and we thank all the hardworking volunteers for their efforts and all of you for coming to support them! Next up for the low-key series is getting your school spirit on at **Eastern County** on August 27th.

Last but not least (*whew, this is a long one!*) - I am pleased to announce another new segment in this newsletter: **What's Where on MCRRC.ORG?** We are quite in love with our quietly released, new website and are grateful to Board Member Deb Levy and our Webmaster Dinos Papoulias for all their creative ideas and hardwork that went into designing the new site. We understand some kinks show up now & again, and we are all doing our best to fix those quickly. That being said, as with any site containing this much information, some stuff ends up being hard to find. The purpose of this segment is to take you on a virtual tour of the MCRRC website, one piece at a time, based on my most frequently received "How do I..." questions. Everything you need to know is on our website - you just need to know where to look! I hope this helps.

Wishing all of our school-aged members, teachers, administrators, and especially **PTA Presidents** (*yikes!*) a wonderful rest of their summer and back to school!



Ashley Zuraf
Executive Director

UPCOMING RACES & RACE NEWS

August 27th - Eastern County 8K - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event! *** **Date Change:** *Due to a permitting conflict, this year's race will be held on Sunday, August 27th.*

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!

September 23rd - Lake Needwood 10K XC - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

September 24th - Cabin John Kids' Run - Registration is OPEN! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

October 7th - Black Hill 10K - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

November 11th - Stone Mill 50 Mile - Registration is OPEN! Check out the [race website](#) for more information and to register. Volunteers are needed for this event!

November 18th - Run Under the Lights - Registration will open on October 15th and more information on the 2023 event will be available on the race website soon.

November 25th - Turkey Burnoff 5/10 Mile - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

RUNNING ON THE BOARD: JIM DAHLEM

Before I joined the board, I was always asking questions like, “Why is this race in January and not September?” “Why don’t we have a trail half marathon?” “Who decides what the training programs cost?” I really wanted to understand the inner workings of the club and see if my experience could help in any way. If you want to help shape the club, joining the board is a great way to influence who we are and what we do.

I’ve really enjoyed data, maps, and other somewhat nerdy things, so on the board I have really tried to help put a focus on where in the county our members are clustered, and where we have gaps in membership either by geographic location or by age and demographics that we can target to grow the club. Hopefully the other board members aren’t tired of all my heat maps, graphs, and charts yet!

One of the other tasks that I’ve recently taken on is to be the board liaison to the Race Committee. (By the way, did you know that MCRRC has formal committees? You’ll probably see more about the various committees in future editions of this column from other board members!). The Race Committee is responsible for a lot of the oversight of our races, from setting the race schedule each year, working on course layout issues, keeping up a Race Director Manual to assist our Race Directors and Assistance Race Directors, among other things. In my short time so far on the committee, one thing I’ve definitely come to appreciate is how much work and effort our volunteer RDs and ARDs go through to make a race seamlessly happen by juggling a lot of issues that runners probably don’t realize are taking place to provide them a great experience. If you see an RD or ARD on your training run or at a race, be sure to thank them for their time and effort!

As for me personally, I’ve always enjoyed our low-key race series (Championship Series and XC Series). When my wife and I first joined the club just over 10 years ago after moving to Maryland, we were able to meet some great friends by running the race series and getting into friendly competitions with the same people at each race. Plus it’s fun to track the points and see what the standings are. And, if you are curious like me, you may be wondering who makes the rules for the race series and who keeps that scoring webpage up to date? Just ask a board member like me if you see us out and about, or run to be on the board or a committee yourself! Hope to see you out and about on the trails and at the races, please feel free to say hi and introduce yourself if we haven’t met yet.



Jim Dahlem is an At-Large Member of the MCRRC Board and member of the Race Committee. Read more about Jim and the rest of MCRRC's leadership [here](#).

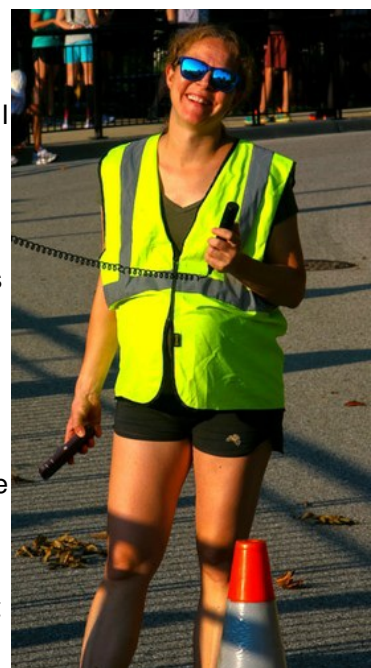
SO YOU THINK YOU CAN VOLUNTEER...

By: Kristen Kelman

This week's write-up will be brief, and will cover two races (***Editor's Note:*** *Kristen wrote this segment from the hospital, as Baby Kelman had decided it was time to get in on the volunteer action... we appreciate Kristen's dedication!*)

A few weeks ago, I volunteered at the Matthew Henson 5K as a course marshal. I was really looking forward to this race because I used to live in the area and loved running on the Matthew Henson Trail. After getting roped into making a few announcements, I got to sit with my chair and coffee and watch a couple hundred runners take on the heat and humidity. Logistically, this race was so easy to volunteer at and as always, it was a great morning to enjoy the outdoors and see so many friends come out to run or volunteer.

The next weekend, I volunteered at Riley's Rumble at the popsicle stand. It has been a pregnancy goal for Baby Kelman to wait for Riley's and for this job, I didn't have to be there until a little after 7am! I **might** have eaten more popsicles than I should have, but it was so much fun to cheer the runners on and make sure everyone got their favorite popsicle flavor. I even learned how it felt to wear gloves in July (trust me - your hands freeze after a couple hours of handing out popsicles!) I really enjoyed this volunteer position and understand why some of the same



volunteers come back to this stop every year. I loved seeing the sheer joy on the runners' faces as they realized that there's nothing better than an ice cold popsicle mid-race, on a hot day.

I hope to see you all at another race soon, but this may be my last column for a little while.

Photo Credit: @danrunsoccer and Unknown

Editor's Note: Planning to volunteer at Eastern County? Contact me at office@mcrrc.org if you are interested in filling in for Kristen in this space, in the next *Ins & Outs* on Friday, September 1st.



***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!*

WHAT'S WHERE ON MCRRC.ORG?

By: Ashley Zuraf

MCRRC Low-Key Bib & Chip

So you're a new MCRRC member and you heard that you need to sign up for a low-key bib & chip.

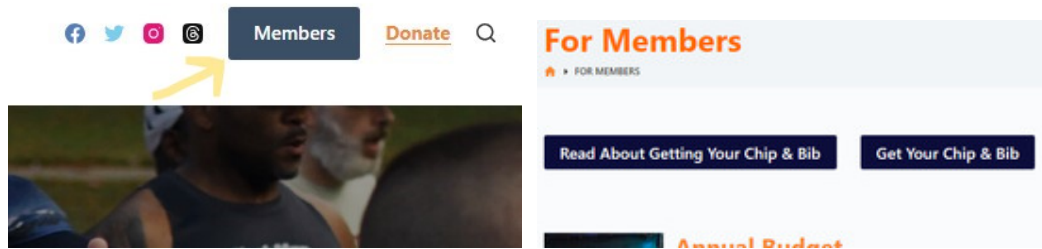
Or, you're an existing member and ready to take on your first low-key challenge of the new year. You look down at your shoe (or in your junk box or the glove compartment of your car) and you see it. That "so last year" chip that you got 11 months ago...

So now what?

You need to sign up for a NEW low-key bib & chip for the new year! This can be found behind the new **MEMBERS** button of our website, in the upper right corner. We all hate long drop-down menus - they are overwhelming and confusing. When we redesigned the website, we pulled such items to the **MEMBERS** section because they are really relevant only to... well, *members*. Once you click the **MEMBERS** button, you are taken to a treasure of things that members might be interested in, alphabetized. Just to save you the trouble of scrolling, we created two buttons right at the top of that page - one to read about the process and the other, to sign up. We recommend that new members first take a look at the ["Read About Getting Your Bib & Chip"](#)



[page](#) so you understand the process.



Pro-Tip: Bib & Chip registration is for members only; therefore, the system will verify your club membership. Be sure you're logged into RunSignup under the Primary Member's account and that you enter your e-mail address and name exactly as it appears in your membership.

*Ashley is the Executive Director of MCRRC and the Editor of Ins & Outs. She is not a webmaster - not even close. However, she likes to pretend she is. Ashley's web skills are mostly self-taught through ongoing trial & error. No actual websites are harmed during this process, but that doesn't mean there aren't ample opportunities for our *real* webmaster to save the day.*

COMPETITIVE RACING TEAM RESULTS

By: Nicolas Crouzier

Here are the team's results:

Groovin' Woodstock XC -- 2023-08-16

Nicolas Crouzier 25:29.66 (Age group rank: 1st of 9, Gender rank: 1st of 75, Overall rank: 1st of 111)

Chris Moen 27:44 (Age group rank: 1st of 8, Gender rank: 3rd of 75, Overall rank: 3rd of 111)

Andrei Ridzel 27:53.45 (Age group rank: 2nd of 8, Gender rank: 5th of 75, Overall rank: 5th of 111)

Matthew Richardson 28:41.69 (Age group rank: 2nd of 11, Gender rank: 5th of 75, Overall rank: 5th of 111)

Jim Dahlem 29:22.42 (Age group rank: 1st of 8, Gender rank: 6th of 75, Overall rank: 6th of 111)

Kevin Camp 29:38.56 (Age group rank: 2nd of 9, Gender rank: 9th of 75, Overall rank: 9th of 111)

Erin Kelman 29:46.62 (Age group rank: 2nd of 8, Gender rank: 10th of 75, Overall rank: 10th of 111)

Kristin Lemos 29:47.78 (Age group rank: 1st of 7, Gender rank: 1st of 36, Overall rank: 11th of 111)

Margaret Sprock 30:43.39 (Age group rank: 1st of 6, Gender rank: 2nd of 36, Overall rank: 13th of 111)

Alex Booth 30:54.51 (Age group rank: 3rd of 9, Gender rank: 12th of 75, Overall rank: 14th of 111)

Michelle Miller 33:01.33 (Age group rank: 2nd of 7, Gender rank: 3rd of 36, Overall rank: 19th of 111)

Brian Murphy 33:16.51 (Age group rank: 5th of 9, Gender rank: 17th of 75, Overall rank: 20th of 111)

Marty Horan 33:54.05 (Age group rank: 2nd of 8, Gender rank: 20th of 75, Overall rank: 24th of 111)

Monika Schneider 34:25.41 (Age group rank: 3rd of 7, Gender rank: 5th of 36, Overall rank: 26th of 111)

Jeff Elkins 34:26.71 (Age group rank: 4th of 11, Gender rank: 22nd of 75, Overall rank: 27th of 111)

Mark Adams 35:37.85 (Age group rank: 3rd of 8, Gender rank: 28th of 75, Overall rank: 33rd of 111)

Exavier Watson 40:41.23 (Age group rank: 9th of 11, Gender rank: 42nd of 75, Overall rank: 49th of 111)

parkrun College Park -- 2023-08-12

Kevin Camp 18:33 (Gender rank: 1st of 70, Overall rank: 1st of 142)

parkrun Kensington -- 2023-08-12

Andrei Ridzel 18:28 (Gender rank: 1st of 45, Overall rank: 1st of 76)

Beach to Beacon 10K -- 2023-08-05

Armand Silva 37:20 (Age group rank: 31st of 32, Gender rank: 175th of 3011, Overall rank: 207th of 6536)

Going Green Track Meet 2 miles -- 2023-08-05

Nicolas Crouzier 9:46 (Age group rank: 1st of 4, Gender rank: 1st of 66, Overall rank: 1st of 88)

Charlie Stern 10:22 (Age group rank: 1st of 5, Gender rank: 6th of 66, Overall rank: 6th of 88)

Chris Moen 10:30 (Age group rank: 4th of 11, Gender rank: 8th of 66, Overall rank: 8th of 88)

Andrei Ridzel 10:31 (Age group rank: 5th of 11, Gender rank: 9th of 66, Overall rank: 9th of 88)

James Anderson 10:34 (Age group rank: 2nd of 4, Gender rank: 11th of 66, Overall rank: 11th of 88)

Ian Morgan 10:46 (Age group rank: 6th of 11, Gender rank: 13th of 66, Overall rank: 13th of 88)

Kevin Camp 10:53 (Age group rank: 3rd of 4, Gender rank: 14th of 66, Overall rank: 14th of 88)

Matthew Richardson 11:07 (Age group rank: 3rd of 5, Gender rank: 15th of 66, Overall rank: 15th of 88)

Rachel Cluett 11:11 (Age group rank: 1st of 1, Gender rank: 1st of 22, Overall rank: 17th of 88)

Cameron Nasserri 11:23 (Age group rank: 2nd of 3, Gender rank: 17th of 66, Overall rank: 18th of 88)

Kristin Lemos 11:30 (Age group rank: 1st of 4, Gender rank: 2nd of 22, Overall rank: 21st of 88)

Michelle Miller 12:20 (Age group rank: 2nd of 4, Gender rank: 3rd of 22, Overall rank: 29th of 88)

Paul Jacobson 12:27 (Age group rank: 1st of 4, Gender rank: 28th of 66, Overall rank: 31st of 88)

Monika Schneider 12:42 (Age group rank: 3rd of 4, Gender rank: 4th of 22, Overall rank: 35th of 88)

Marty Horan 13:42 (Age group rank: 2nd of 4, Gender rank: 35th of 66, Overall rank: 42nd of 88)

Mark Adams 14:04 (Age group rank: 3rd of 4, Gender rank: 40th of 66, Overall rank: 49th of 88)

Going Green Track Meet 1 Mile -- 2023-08-05

Sean Napier 5:03.80 (Age group rank: 2nd of 4, Gender rank: 7th of 31, Overall rank: 7th of 36)

James Anderson 5:06.50 (Age group rank: 2nd of 6, Gender rank: 8th of 31, Overall rank: 8th of 36)

Jeff Elkins 5:14.20 (Age group rank: 1st of 2, Gender rank: 10th of 31, Overall rank: 10th of 36)

Chris Moen 5:20.40 (Age group rank: 3rd of 4, Gender rank: 11th of 31, Overall rank: 11th of 36)

Going Green Track Meet 4x400 -- 2023-08-05

Sean Napier 4:05.90 (Overall rank: 2nd of 6)

James Anderson & Chris Moen 4:23.40 (Overall rank: 3rd of 6)

Ian Morgan 4:33.30 (Overall rank: 4th of 6)

Jeff Elkins 5:11.50 (Overall rank: 5th of 6)

parkrun Kensington -- 2023-08-05

Andrei Ridzel 19:17 (Gender rank: 1st of 50, Overall rank: 1st of 84)

Liz Ozeki 21:18 (Gender rank: 1st of 31, Overall rank: 6th of 84)

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



At the recent National Senior Games in Pittsburgh, PA, MCRRC Member **Keith Ord** finished 3rd in the 1500m Power Walk (10:52) and 4th in the 5K Walk (39:13) in the 80-84 age group!

Keith is a long-time club member and one of the former program directors of the Winter 5K Run/ Walk Program. Keith is a beloved coach and friend to many. Congratulations Keith, on setting a great example with this accomplishment!

The National Senior Games Association is a non-profit organization dedicated to motivating active adults to lead a healthy lifestyle through the senior games movement. The Games, a 20-sport, biennial competition for men and women 50 and over, is the largest multi-sport event in the world for seniors. NSGA Member Organizations hold annual games with qualifying competitions in the year preceding The Games. Athletes that meet specific criteria while participating in the State Senior Games qualify to participate. To date, the NSGA has held 17 summer national championships. For more information on the NSGA or The Games, please visit their [website](#).



Recently married? New job? New baby? PR? Share your member moments (running-related or not) with us! Please contact office@mcrc.org with your exciting news so we can mention it in

an upcoming edition of Ins & Outs!

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