Montgomery County Road Runners Club

Ins & Outs - Friday, April 5, 2024

"We Are Running in Montgomery County"

Dear Members -

Well, whomever invented the phrase "April showers bring May flowers" certainly wasn't kidding. As the swamp that's become my yard dries out, I can see alllllll the weeds that popped up during this week's rain (gotta love when Mother Nature tells you what you're doing over the weekend...) I hope everyone managed to get their workouts in! As a more casual "walk/jogger" these days, you wouldn't catch me out there. Props to everyone who still got their mileage in!

It's **Cherry Blossom** weekend! It's always interesting to me to see how the race times with the actual blooms. I know that many MCRRC members are participating in the race, so best of luck to you all and thank you for representing MCRRC! You will likely see a lot of familiar faces along the way as many MCRRC members also hold volunteer roles with the Cherry Blossom organization as well. It's a pretty "down home" event for our club (not to mention, Cherry Blossom is our warehouse neighbor and we work very closely to support each other's missions). May the wind be at your back and the rain from this week nowhere in sight!

REGISTRATION IS OPEN for the MCRRC Annual Awards Banquet on Sunday, May 19th at 5:30pm at Amp by Strathmore. Join us to celebrate the achievements of your fellow club members as we present awards for the 2023 Runner of the Year, Volunteer of the Year, and many others! Giveaways will be provided at the door and all attendees have a chance to win one of several raffle prizes. Doors open at 4:45 and a complimentary buffet dinner will be served. Beer, wine, and an Orange Crush cocktail will be available for purchase. Attendance is free, but pre-registration is required due to space limitations at AMP. Once registration is full, a waitlist will be available. **REGISTER HERE.**

Spring is a busy time at MCRRC - **Pike's Peek** is a few weeks away and the price goes up on April 12th, so get your entry in if you plan to run (that $5 could be much better spent patronizing one of the many locations in Pike & Rose after enjoying the finish festival) and all spring and early summer training programs are open. Check out our website for more details.

Have a great weekend, MCRRC!

Ashley Zuraf

Ashley Zuraf
Executive Director

UPCOMING RACES & RACE NEWS

April 21st - Pike's Peek 10K - Registration is OPEN! Check out the [race website](#) for more information & to register. Volunteers are needed for this event!

May 4th - Kids on the Run - Registration is OPEN! Check out the [race website](#) for more information & to register. Volunteers are needed for this event!

May 11th - Capital for a Day - Registration is open for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event! *This event is part of our low-key series and is free for MCRRC Members.*

May 19th - Run Aware - Registration is open for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event! *This event is part of our low-key series and is free for MCRRC Members.*

May 27th - Memorial 4 Miler - Registration is open for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event! *This event is part of our low-key series and is free for MCRRC Members.*

June 1st - Little Bennett 10K - Registration is open for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event! *This event is part of our low-key series and is free for MCRRC Members.*

June 15th - Suds & Soles - Registration is OPEN! Check out the [race website](#) for more information & to register. Volunteers are needed for this event!

June 22 - Run for Roses *** LADIES ONLY - **Registration is OPEN!** Check out the [race website](#) for more information & to register. Volunteers are needed for this event!

June 30th - Country Road Run - Registration is open for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event! *This event is part of our low-key series and is free for MCRRC Members.*

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MCRRC's low-key races are free for members. To participate, you must register for a low-key bib and chip, which will be used throughout the year. For more information on how the process works, as well as how to register for your 2024 low-key bib and chip, please check out [our website](#).

REGISTER FOR FTM TODAY & GET ENTERED TO WIN!

Want to train for a marathon and look cool doing it? If you register for our First Time Marathon

program by **April 7th,** you'll be entered to win a pair of FTM-branded goodr sunglasses! This applies to anyone who registers or has already registered before April 7th. (*Winners will be notified by email)

Do you want to tackle the famed distance of the marathon? Look no further than joining MCRRC's RRCA-award winning First Time Marathon Program (FTM).

This is a structured, coached, group-oriented program for people training for their first marathon. But don't let the name fool you – this program is perfect for repeat marathoners too!

Since the program's conception in 1995, FTM has helped thousands of runners complete their first marathon. We welcome runners of all paces – though some running experience is required.

Our first run is on May 5, 2024. Don't let yourself have FOMO when all your running friends are busy on Sundays running with FTM!

Register NOW and take advantage of our fun spring promotion.

REGISTER TODAY!

SPRING FORWARD WITH THE SPRING 5K PROGRAM!

It must be spring time! The weather is nicer, the days are longer, and the flowers are blooming. It's the perfect time to grab your running shoes and train with MCRRC! Join us during the best time in Maryland for our Spring 5K Program.

Whether you've never run before or you're easing back to running after an injury, this program can help you achieve your goals. The program provides a structured, supportive environment where participants will gain fitness and have the opportunity to meet other runners with similar goals.

The program features two coached sessions per week, training on Tuesdays at 6:30 PM at the track at Montgomery College (Rockville Campus) and on Saturdays at 7:30 AM in varying locations.

We promise you'll have fun while training and make new friends for life! This program targets several club favorite 5Ks including Suds & Soles 5K and Run for Roses 5K, both in mid June.

Register now -while the program started this week, you can still join us!

REGISTER TODAY!

COMPETITIVE RACING TEAM RESULTS

By: Nicolas Crouzier

Here are the team's results:

Spin in the Woods 4 Miler -- 2024-03-30
Nicolas Crouzier 23:11.64 (Age group rank: 1st of 8, Gender rank: 1st of 87,
Overall rank: 1st of 124)
Andrei Ridzel 24:37.17 (Age group rank: 2nd of 8, Gender rank: 2nd of 87,
Overall rank: 2nd of 124)
Kevin Camp 25:27.39 (Age group rank: 3rd of 8, Gender rank: 3rd of 87,
Overall rank: 3rd of 124)
Adrian Spencer 25:48.55 (Age group rank: 1st of 16, Gender rank: 5th of 87, Overall rank: 5th of 124)
Matthew Richardson 25:53.16 (Age group rank: 2nd of 16, Gender rank: 6th of 87, Overall rank: 6th of 124)
Cameron Nasseri 26:04.85 (Age group rank: 1st of 5, Gender rank: 7th of 87, Overall rank: 7th of 124)
Brian Murphy 28:18.01 (Age group rank: 5th of 16, Gender rank: 10th of 87, Overall rank: 10th of 124)
Meg Ryan 29:26.12 (Age group rank: 1st of 9, Gender rank: 1st of 37, Overall rank: 14th of 124)
Bill McNary 30:16.29 (Age group rank: 2nd of 7, Gender rank: 16th of 87, Overall rank: 17th of 124)
Robert Palmer 30:36.23 (Age group rank: 1st of 5, Gender rank: 18th of 87, Overall rank: 19th of 124)
Marty Horan 30:50.88 (Age group rank: 1st of 12, Gender rank: 22nd of 87, Overall rank: 23rd of 124)
Mark Adams 32:34.08 (Age group rank: 4th of 12, Gender rank: 31st of 87, Overall rank: 32nd of 124)
Michelle Miller 33:10.31 (Age group rank: 2nd of 9, Gender rank: 2nd of 37, Overall rank: 34th of 124)

parkrun Kensington -- 2024-03-30
Andrei Ridzel 18:34 (Gender rank: 1st of 52, Overall rank: 1st of 87)
Liz Ozeki 19:02 (Gender rank: 1st of 29, Overall rank: 2nd of 87)
Cindy Conant 25:03 (Gender rank: 3rd of 29, Overall rank: 21st of 87)
Erica Singleton 26:26 (Gender rank: 4th of 29, Overall rank: 25th of 87)

B & A Half Marathon -- 2024-03-24
Stephen Varney 1:17:45 (Age group rank: 2nd of 60, Gender rank: 10th of 289, Overall rank: 10th of 499)

B & A Marathon -- 2024-03-24
Jeff Duyn 3:02:06 (Age group rank: 1st of 15, Gender rank: 25th of 207, Overall rank: 28th of

286)

Piece of Cake 10K -- 2024-03-24

Nicolas Crouzier 34:14 (Age group rank: 1st of 14, Gender rank: 1st of 104, Overall rank: 1st of 194)

Ian Morgan 35:10 (Age group rank: 1st of 9, Gender rank: 2nd of 104, Overall rank: 2nd of 194)

Andrei Ridzel 35:58 (Age group rank: 2nd of 14, Gender rank: 3rd of 104, Overall rank: 3rd of 194)

Ryan Johnson 36:14 (Age group rank: 3rd of 14, Gender rank: 4th of 104, Overall rank: 4th of 194)

Colin Fishwick 37:12 (Age group rank: 1st of 10, Gender rank: 5th of 104, Overall rank: 5th of 194)

Kevin Camp 38:01 (Age group rank: 4th of 14, Gender rank: 6th of 104, Overall rank: 6th of 194)

James Anderson 38:24 (Age group rank: 5th of 14, Gender rank: 8th of 104, Overall rank: 8th of 194)

Rachel Cluett 38:56 (Age group rank: 1st of 12, Gender rank: 1st of 90, Overall rank: 10th of 194)

Jeff Elkins 39:42 (Age group rank: 2nd of 10, Gender rank: 10th of 104, Overall rank: 11th of 194)

Kristin Lemos 40:45 (Age group rank: 1st of 17, Gender rank: 2nd of 90, Overall rank: 13th of 194)

Monika Schneider 42:52 (Age group rank: 2nd of 17, Gender rank: 3rd of 90, Overall rank: 17th of 194)

Marty Horan 46:32 (Age group rank: 1st of 14, Gender rank: 20th of 104, Overall rank: 25th of 194)

Mark Adams 46:44 (Age group rank: 2nd of 14, Gender rank: 22nd of 104, Overall rank: 27th of 194)

Meg Ryan 49:47 (Age group rank: 3rd of 17, Gender rank: 7th of 90, Overall rank: 45th of 194)

Michelle Miller 50:09 (Age group rank: 4th of 17, Gender rank: 8th of 90, Overall rank: 46th of 194)

Robert Palmer 50:10 (Age group rank: 5th of 10, Gender rank: 39th of 104, Overall rank: 47th of 194)

Piece of Cake 5K -- 2024-03-24

Erica Singleton 21:32 (Age group rank: 1st of 15, Gender rank: 1st of 127, Overall rank: 5th of 197)

Cindy Conant 22:04 (Age group rank: 1st of 7, Gender rank: 2nd of 127, Overall rank: 6th of 197)

parkrun Kensington -- 2024-03-23

Andrei Ridzel 19:05 (Gender rank: 1st of 16, Overall rank: 1st of 26)

Ian Morgan 19:05 (Gender rank: 2nd of 16, Overall rank: 2nd of 26)

Liz Ozeki 21:59 (Gender rank: 1st of 9, Overall rank: 6th of 26)

Shamrock Half Marathon -- 2024-03-17

Sean Napier 1:20:25 (Age group rank: 11th of 358, Gender rank: 30th of 2476, Overall rank: 32nd of 5515)

Rachel Cluett 1:20:53 (Gender rank: 3rd of 3026, Overall rank: 34th of 5515)

Cindy Conant 1:29:50 (Age group rank: 1st of 139, Gender rank: 23rd of 3026, Overall rank: 143rd of 5515)

Shamrock Marathon -- 2024-03-17

Charlie Stern 2:36:20 (Gender rank: 5th of 1203, Overall rank: 5th of 2008)

Charlie Kim 2:51:11 (Age group rank: 7th of 180, Gender rank: 23rd of 1203, Overall rank: 7th of 2008)

Jim Dahlem 2:51:31 (Age group rank: 1st of 132, Gender rank: 25th of 1203, Overall rank: 25th of 2008)

Cameron Nasseri 3:10:23 (Age group rank: 26th of 202, Gender rank: 119th of 1203, Overall rank: 127th of 2008)

Gene Park 3:33:06 (Age group rank: 8th of 56, Gender rank: 252nd of 1203, Overall rank: 309th of 2008)

Rock 'n' Roll DC Half Marathon -- 2024-03-16

Margaret Sprock 1:28:37 (Age group rank: 12th of 15, Gender rank: 36th of 6468, Overall rank: 308th of 12787)

Bill McNary 1:36:21 (Age group rank: 15th of 419, Gender rank: 599th of 6319, Overall rank: 718th of 12787)

parkrun Anacostia -- 2024-03-16

Kevin Camp 17:19 (Gender rank: 2nd of 19, Overall rank: 2nd of 31)

Brian Murphy 18:01 (Gender rank: 3rd of 19, Overall rank: 3rd of 31)

parkrun Kensington -- 2024-03-16

Andrei Ridzel 16:23 (Gender rank: 1st of 47, Overall rank: 1st of 78)

Ian Morgan 16:55 (Gender rank: 2nd of 47, Overall rank: 2nd of 78)

St. Patrick's Day Shamrock 5K -- 2024-03-10

Kevin Camp 17:37.37 (Age group rank: 4th of 186, Gender rank: 27th of 1598, Overall rank: 31st of 3758)

Brian Murphy 20:31.45 (Age group rank: 10th of 179, Gender rank: 115th of 1598, Overall rank: 145th of 3758)

Seneca Creek Greenway Trail 50K -- 2024-03-09

Brian Murphy 5:24:42 (Age group rank: 4th of 37, Gender rank: 11th of 90, Overall rank: 11th of 112)

Seneca Creek Greenway Trail Marathon -- 2024-03-09

Nicolas Crouzier 3:48:26 (Age group rank: 1st of 24, Gender rank: 1st of 80, Overall rank: 1st of 113)

Adrian Spencer 3:53:33 (Age group rank: 2nd of 16, Gender rank: 2nd of 80, Overall rank: 2nd of 113)

David Storper 4:40:57 (Age group rank: 1st of 25, Gender rank: 11th of 80, Overall rank: 11th of 113)

Kristen Kelman 5:19:42 (Age group rank: 1st of 10, Gender rank: 3rd of 33, Overall rank: 21st of 113)

Robert Palmer 5:28:39 (Age group rank: 8th of 16, Gender rank: 25th of 80, Overall rank: 28th of 113)

parkrun Kensington -- 2024-03-09

Andrei Ridzel 17:54 (Gender rank: 2nd of 35, Overall rank: 2nd of 51)

Liz Ozeki 19:51 (Gender rank: 1st of 16, Overall rank: 6th of 51)

Tokyo Marathon -- 2024-03-03

Bill Loomis 3:37:59 (Age group rank: 52nd of 1266, Gender rank: 6597th of 26673, Overall rank: 7841st of 35401)

parkrun College Park -- 2024-03-02

Kevin Camp 18:03 (Gender rank: 1st of 53, Overall rank: 1st of 84)

parkrun Kensington -- 2024-03-02

Andrei Ridzel 18:21 (Gender rank: 1st of 31, Overall rank: 1st of 48)

Liz Ozeki 20:13 (Gender rank: 1st of 17, Overall rank: 2nd of 48)

RRCA Club Challenge 10M -- 2024-02-25

Nicolas Crouzier 54:15 (Age group rank: 12th of 144, Gender rank: 12th of 393, Overall rank: 12th of 656)

Ian Morgan 55:45 (Age group rank: 18th of 144, Gender rank: 21st of 393, Overall rank: 21st of 656)

Charlie Stern 56:16 (Age group rank: 5th of 97, Gender rank: 27th of 393, Overall rank: 27th of 656)

Ryan Johnson 58:35 (Age group rank: 35th of 144, Gender rank: 42nd of 393, Overall rank: 42nd of 656)

Stephen Varney 58:54 (Age group rank: 9th of 97, Gender rank: 49th of 393, Overall rank: 50th of 656)

Andrei Ridzel 59:22 (Age group rank: 47th of 144, Gender rank: 56th of 393, Overall rank: 58th of 656)

Jim Dahlem 59:29 (Age group rank: 11th of 97, Gender rank: 60th of 393, Overall rank: 62nd of 656)

Jordan Acton 59:31 (Age group rank: 49th of 144, Gender rank: 59th of 393, Overall rank: 61st of 656)

David Storper 1:00:03 (Age group rank: 1st of 152, Gender rank: 66th of 393, Overall rank: 68th of 656)

Rachel Cluett 1:01:02 (Age group rank: 6th of 92, Gender rank: 6th of 263, Overall rank: 80th of 656)

Charlie Kim 1:01:27 (Age group rank: 60th of 144, Gender rank: 78th of 393, Overall rank: 84th of 656)

James Anderson 1:01:51 (Age group rank: 63rd of 144, Gender rank: 81st of 393, Overall rank: 87th of 656)

Aaron Anderson 1:01:54 (Age group rank: 17th of 97, Gender rank: 82nd of 393, Overall rank: 89th of 656)

Brett Ruff 1:02:10 (Age group rank: 65th of 144, Gender rank: 86th of 393, Overall rank: 93rd of 656)

Sean Napier 1:03:20 (Age group rank: 72nd of 144, Gender rank: 96th of 393, Overall rank: 104th of 656)

Jeff Elkins 1:03:33 (Age group rank: 21st of 97, Gender rank: 98th of 393, Overall rank: 108th of 656)

Kristin Lemos 1:03:37 (Age group rank: 2nd of 79, Gender rank: 11th of 263, Overall rank: 109th of 656)

James Jalandoni 1:03:54 (Age group rank: 75th of 144, Gender rank: 103rd of 393, Overall rank: 116th of 656)

Frank Perna 1:04:14 (Age group rank: 7th of 152, Gender rank: 105th of 393, Overall rank: 120th of 656)

Brian Murphy 1:04:23 (Age group rank: 24th of 97, Gender rank: 106th of 393, Overall rank:

121st of 656)

Gene Park 1:05:13 (Age group rank: 8th of 152, Gender rank: 116th of 393, Overall rank: 132nd of 656)

Ryan Hadley 1:05:40 (Age group rank: 33rd of 97, Gender rank: 120th of 393, Overall rank: 138th of 656)

Mark Neff 1:05:45 (Age group rank: 9th of 152, Gender rank: 121st of 393, Overall rank: 139th of 656)

Bryan Rivera 1:06:14 (Age group rank: 83rd of 144, Gender rank: 125th of 393, Overall rank: 146th of 656)

Liz Ozeki 1:07:23 (Age group rank: 26th of 92, Gender rank: 35th of 263, Overall rank: 170th of 656)

Margaret Sprock 1:07:36 (Age group rank: 28th of 92, Gender rank: 37th of 263, Overall rank: 175th of 656)

Meg Ryan 1:08:23 (Age group rank: 11th of 79, Gender rank: 41st of 263, Overall rank: 185th of 656)

Cindy Conant 1:10:05 (Age group rank: 1st of 92, Gender rank: 52nd of 263, Overall rank: 218th of 656)

Michelle Miller 1:10:11 (Age group rank: 16th of 79, Gender rank: 53rd of 263, Overall rank: 221st of 656)

Bill McNary 1:10:13 (Age group rank: 21st of 159, Gender rank: 165th of 393, Overall rank: 216th of 656)

Lisa Levin 1:11:08 (Age group rank: 18th of 79, Gender rank: 55th of 263, Overall rank: 232nd of 656)

Mark Adams 1:15:54 (Age group rank: 53rd of 52, Gender rank: 229th of 393, Overall rank: 304th of 656)

Hashawha Hills 50K -- 2024-02-24
Erin Kelman 6:12:47 (Gender rank: 26th of 65, Overall rank: 33rd of 96)
Kristen Kelman 6:27:20 (Gender rank: 9th of 31, Overall rank: 48th of 96)

parkrun Kensington -- 2024-02-24
Andrei Ridzel 18:28 (Gender rank: 1st of 47, Overall rank: 1st of 75)
Liz Ozeki 27:11 (Gender rank: 2nd of 28, Overall rank: 26th of 75)
Steven Moore 32:06 (Gender rank: 23rd of 31, Overall rank: 29th of 48)

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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.

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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