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## Montgomery County Road Runners Club

**Ins & Outs - Friday, January 19, 2024**

*"We Are Running in Montgomery County"*



Dear Members -

It's certainly been an interesting week with the kids making it to school just one day and now... this. It's still coming down pretty hard as I type this newsletter, but I know that as soon as it stops, I have a pretty long driveway to deal with so I am OK with it at the moment. While a lot of our club activities are concentrated in Rockville, there are a few of us out here in the sticks otherwise known as "Montgomery County's last resort" -- as far as plowing, anyways.

One note on track - When we hold a permit at an MCPS track, track is cancelled when school is closed. If there is an early school closure with cancellation of evening programming, this also means track is cancelled. Where it gets tricky, is when evening programming is \*not\* cancelled, but the track is snow covered. Most of the time in these cases, our track permit will be cancelled. We always do our best to notify membership as soon as possible, which is not always "soon" when we are awaiting a county decision. The same policy applies when we use the track at Montgomery College - they closed as well due to weather this week & that means we would have lost our permit. If you are part of a training program, always defer to your program director or communication group for alternate arrangements or for the status of your workout.

Please note that it is awards season! The MCRRC Awards Banquet is scheduled for Sunday, May 19th at 5:00pm. Our committees are ready to start their selection process, so please be sure to check out our website under "More" --> "Awards" to see what's available and submit your nominations. For the first time since pre-pandemic, the Participation Series is back! If you ran in or participated in (or both!) at least 16 low-key races in 2023, you are eligible for a Participation Series Award! Two of the participating races must be in the form of volunteering. Submit your self-nomination [here](#).

**Finally - THIS IS AN IMPORTANT ANNOUNCEMENT. Due to a change in staff availability, the Gear Shop will be closing for awhile -- the length of time is TBD. If you would like to place an order, the last day to do so will be January 30th, at 11:59pm. All orders will be fulfilled & shipped within a couple of days. You can see what's available in the Gear Shop [here](#). Should the shop re-open at any point, we will make an announcement.**

We hope you stay safe & warm on this snowy day.



Ashley Zuraf  
Executive Director

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## UPCOMING RACES & RACE NEWS

**January 28th - XC on the Farm - Registration is OPEN for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed for this event!

**February 11th - Kemp Mill C(hills) - Registration is OPEN for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed for this event!

**March 9th - Seneca Creek Greenway Trail Marathon & 50K - Registration is OPEN!** Check out the [race website](#) for more information & to register. The link to volunteer is coming soon!

**March 24th - Piece of Cake - Registration is OPEN for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed for this event!

**March 30th - Spin in the Woods - Registration is OPEN for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed for this event!

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## SO YOU WANT TO VOLUNTEER...

*By: Kristen Kelman*

With it still being "the new year," I thought I would share a few of my favorite volunteer roles from the past year. Our club needs volunteers at every race and if every club member volunteered just once we could easily fill all the necessary slots. I want to stress that I enjoyed ALL of my volunteer jobs so while you may not see a particular job on this list, that doesn't mean that I didn't enjoy it. Also, some jobs are not needed at every race. If you're considering volunteering for a job not noted here, just ask me! And now... without further ado...

### **The BEST OF Volunteering Edition:**

✓ Best Job Where You Can Also Run the Race: REGISTRATION

*It's easy to show up a little bit early and then jog to the start line a few minutes before the race begins. With multiple volunteers for this job, there are always people to take over so that you can run.*

✓ Best Pre-Race Job: MARKING

*Enjoy a nice hike or jog on the race course without the stress of racing.*

✓ Best Post-Race Job: COURSE CLEANUP

*Reminisce about the hill where your dreams fell apart and that stretch where you overtook that stroller while stacking MCRRC's most prolific asset - its cones.*

✓ Best Quick Job: BAGEL/COFFEE PICKUP

*Drive to bagels, grab bagels, show up at race with bagels. Who doesn't love the bagel/coffee person?*

✓ Best for Veteran Volunteers: VOLUNTEER COORDINATOR

*Say good morning to all of your volunteer friends and help behind the scenes to make sure everyone is where they need to be.*

✓ Best Job With Coffee: COURSE MARSHAL

*Roll up to the race with coffee (often provided), a camp chair, and a few layers in case it gets cold. This is an EXCELLENT way to relax and get motivated to start your day.*

✓ Best Mid-Race Job: POPSICLE STOP

*This volunteer job is special to Riley's Rumble, so make sure to sign up early. There is nothing better than the adoring look in a runner's eyes after you hand them an ice-cold popsicle in July.*

✓ Best Spectator Job: KIDS' RUN VOLUNTEER

*It's just more fun to watch the little ones run their hearts out. Also the look in a child's eyes when you hand them a medal and fruit snacks is even better than the look the adults give you at the Pop Stop.*

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*Kristen Kelman is an MCRRC Member and part of the Racing Team who took on the challenge of volunteering in as many MCRRC races as she could in 2023. She did a pretty tremendous job and we are grateful for her fine reporting and volunteer encouragement.*

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## COMPETITIVE RACING TEAM RESULTS

*By: Nicolas Crouzier*

Here are the team's results:

### **Houston Marathon -- 2024-01-14**

Frank Perna 2:53:46 (Age group rank: 1st of 197, Gender rank: 273rd of 4766, Overall rank: 314th of 7165)

Bill McNary 3:18:55 (Age group rank: 51st of 408, Gender rank: 921st of 4766, Overall rank: 1100th of 7165)

### **Waterfall 50K -- 2024-01-14**

Erin Kelman 6:19:00 (Gender rank: 2nd of 34, Overall rank: 2nd of 44)

### **DCRRC JFK 20K -- 2024-01-13**

Kristin Lemos 1:25:58 (Age group rank: 1st of 4, Gender rank: 1st of 33, Overall rank: 11th of 95)

### **DCRRC JFK 5K -- 2024-01-13**

Exavier Watson 21:31 (Age group rank: 2nd of 20, Gender rank: 6th of 37, Overall rank: 7th of 69)

### **parkrun College Park -- 2024-01-13**

Mark Neff 19:34 (Gender rank: 3rd of 81, Overall rank: 3rd of 163)

### **parkrun Kensington -- 2024-01-13**

Andrei Ridzel 17:27 (Gender rank: 1st of 37, Overall rank: 1st of 68)

Jim Dahlem 17:38 (Gender rank: 2nd of 37, Overall rank: 2nd of 68)

Liz Ozeki 24:26 (Gender rank: 2nd of 31, Overall rank: 14th of 68)

Steven Moore 29:34 (Gender rank: 23rd of 37, Overall rank: 29th of 68)

### **AI Lewis 10 Miler -- 2024-01-06**

Kristin Lemos 1:04:29 (Age group rank: 1st of 4, Gender rank: 4th of 46, Overall rank: 21st of 128)

### **AI Lewis 5 Miler -- 2024-01-06**

Sean Napier 29:27 (Gender rank: 8th of 35, Overall rank: 9th of 54)

### **parkrun College Park -- 2024-01-06**

Kevin Camp 17:42 (Gender rank: 2nd of 61, Overall rank: 2nd of 133)

### **parkrun Kensington -- 2024-01-06**

Andrei Ridzel 17:16 (Gender rank: 1st of 26, Overall rank: 1st of 43)

\*\*\*\*\*

*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!**

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Montgomery County Road Runners Club  
P.O. Box 1703  
Rockville, Maryland 20849  
US

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