Montgomery County Road Runners Club

Ins & Outs - Friday, January 5, 2024

"We Are Running in Montgomery County"

Dear Members -

Happy New Year!

I hope that everyone had a relaxing holiday season. It sometimes feels like more work than rest, but I try to remind myself to slow down and enjoy it. My children are growing before my very eyes and you just don't know how long the magic is going to last.

It's just the start of 2024, but MCRRC has already enjoyed its first race! Thank you to everyone who came out to run with us on New Years Day. For many, this race is tradition and a way to start the new year off right. Thank you to the race directing duo of Danny Talmage and Jim Farkas and to all the volunteers and members who decided to start their year with us. Because of you, the club was able to increase our donation to Manna Foods.

If you haven't already, remember to sign up for a bib and chip for the 2024 low-key races, which are free for members. We have a page on our website that explains this entire process as well as links you to the free bib & chip registration page. You can find this page under the "Member" button on our website where you'll then see another button for "Read About Getting Your Bib & Chip." This page is in place to assist you, so please check it out if you are a new member or have questions about the process. Everything you need to find is there.

If you already used the personalized bib request form back in the fall (for volunteering or donating), you do NOT need to sign up for another -- your bib is already waiting for you.

A note on the MCRRC Awards Banquet as there are some changes happening this year. The banquet is scheduled for Sunday, May 19th at 5:00pm. Yep, this means the banquet this year will be in a dinner format! With that, we do have a little longer to work on the planning, but our committees are already starting to schedule meetings and start their work. Please take a look at the various awards on our website under "More" then "Awards." With the new MCRRC website, some of the submission forms were dropped or needed updating and we are addressing those needs now. The Participation Series, which has been on hiatus since before the pandemic, WILL be back for 2023 members. Once the form is up & ready to take submissions, we will let you know.

Finally, this is the last call to nominate yourself or another member for the 2024-25 Board of Directors. Please see below for more information. Nominations will only be accepted through the 12th.

Ashley Zuraf

Ashley Zuraf
Executive Director

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 lik 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!

JOIN THE DRIVING FORCE OF CHANGE!

Nominate Your Champions for the Montgomery County Road Runners Club Board of Directors!

Passionate about the pulse of our running community? Eager to shape the future of the Montgomery County Road Runners Club? Here's your chance to nominate the leaders who'll steer us towards new horizons!

Why Nominate?

The MCRRC Board of Directors leads, innovates, and champions the running spirit within our community. Your nominations are the wings that propel our club's future endeavors. Every nominee represents a chance to elevate our club to new heights and ensure our runners' voices are heard.

What Board Positions are Open for Nominations in 2024?

The Nominating Committee is currently looking to fill the Secretary, Treasurer, and two At-Large

Positions.

Whom Can You Nominate?

Know a dedicated trailblazer or an enthusiastic advocate for the running community? Nominate them! Whether it's someone with fresh ideas or seasoned expertise, your nominations fuel the diversity and strength of our leadership. At MCRRC, we celebrate every stride, regardless of pace or distance. Your club is more than just marathoners or speed demons - it's a diverse mosaic of runners from all backgrounds, paces, and passions!

How to Nominate?

Submitting your nominations is a breeze! Reach out to our nomination committee directly to share the names of those outstanding individuals whom you believe embody the spirit of MCRRC by **sending an email to nominating@mcrrc.org.** Be sure you include your nominee's contact information. Self-nominations are also encouraged!

Be the Change!

Your voice matters! Don't miss this incredible opportunity to shape the future of the Montgomery County Road Runners Club. Nominate those who inspire you, those whom you believe can lead us towards greater success!

Deadline for Nominations: January 12, 2024

Let's lace up our shoes, run towards a brighter future, and nominate the champions who will lead us there! Together, let's make a difference in our running community!

*** Please do not direct your nominations to the office.

SO YOU WANT TO VOLUNTEER...

By: Kristen Kelman

Back in December, I volunteered at Seneca Slopes. I offered to be the course sweeper, which was a ton of fun and easy. Even better, I didn't have to get up early for my volunteer job that started later during this 9am race. After the race started, I jogged the entire course and pulled down the plastic plate course markings that had been set up. I also helped the course marshals stack cones. Sweeping was really fun and allowed me to enjoy the entire course at my own pace and with some built in stops along the way. I got some additional miles in beforehand and made a nice long run out of it. Seneca Slopes has a beautiful race course and as a walk or jog in the woods sweeping is a great volunteer job! Thank you Michele and Chuck Potter for putting on a fantastic race! Maybe we can swap out the rain for snow next year.

A few weeks ago I volunteered at the club's last race in 2023, Jingle Bell Jog. It

seemed fitting to volunteer to clean up the course. With this volunteer job, I was able to run the race and then simply travel the course collecting cones and picking up the water stop supplies with my friend and fellow race-team member Kristin. It took us perhaps 45 minutes and was again a very easy and simple job.

This concludes my year of attempting to participate in every race the club has. For the record, I ended up missing three races, 1 of which (Going Green) I literally gave birth during the race. I'll have to do a highlight reel of the year at some point, but for now I'll sum the project up by saying this: Volunteering is easier than you think it is and takes less time than you think it does. Many of the jobs I did took about an hour. Most also allowed me to run the race. The vast majority of jobs don't require any prior knowledge or experience. If you think you don't have time/ energy/ knowledge/ experience/ capacity to volunteer, I challenge you to reconsider.

I also saw firsthand that there are a handful of people who do a LOT for the club. They are all fantastic, selfless, kind, and fun people. I wondered what motivates them to do this race after race. At the end of the year, the answer is clear: they do this because it's fun, it's rewarding, and it's a wonderful way to give back to the club that has given us PR's, lifelong friends, training programs, long runs, experiences we'll remember forever, and even, for some of us, helped us find our soulmate. I challenge every person reading this to give back and volunteer in one small (or large) role at one race in 2024. I PROMISE you won't regret it. Learn more about volunteering at www.MCRRC.org/volunteer, or just reach out and ask me!

Cheers and thank you for reading!

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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.

COMPETITIVE RACING TEAM RESULTS

By: Nicolas Crouzier

Here are the team's results:

New Year's Day 5K -- 2024-01-01

Ian Morgan 16:37 (Age group rank: 1st of 27, Gender rank: 2nd of 322, Overall rank: 2nd of 612)

Shlomo Fishman 17:33 (Age group rank: 2nd of 27, Gender rank: 5th of 322, Overall rank: 5th of 612)

Cameron Nasseri 18:16 (Age group rank: 1st of 13, Gender rank: 7th of 322, Overall rank: 7th of 612)

James Jalandoni 18:29 (Age group rank: 4th of 27, Gender rank: 8th of 322, Overall rank: 8th of 612)

Andrei Ridzel 18:40 (Age group rank: 1st of 25, Gender rank: 9th of 322, Overall rank: 9th of 612)

Hasan Hobbs 18:41 (Age group rank: 1st of 27, Gender rank: 10th of 322, Overall rank: 10th of 612)

Ryan Hadley 18:54 (Age group rank: 1st of 31, Gender rank: 13th of 322, Overall rank: 13th of 612)

Erin Kelman 19:12 (Age group rank: 5th of 31, Gender rank: 18th of 322, Overall rank: 18th of 612)

Robert Palmer 19:49 (Age group rank: 6th of 31, Gender rank: 25th of 322, Overall rank: 25th of 612)

Paul Jacobson 20:30 (Age group rank: 1st of 24, Gender rank: 34th of 322, Overall rank: 34th of 612)

Gene Park 20:55 (Age group rank: 3rd of 38, Gender rank: 44th of 322, Overall rank: 44th of 612)

Exavier Watson 21:56 (Age group rank: 9th of 29, Gender rank: 61st of 322, Overall rank: 65th of 612)

Marty Horan 22:19 (Age group rank: 3rd of 24, Gender rank: 66th of 322, Overall rank: 73rd of 612)

Mark Adams 22:41 (Age group rank: 4th of 24, Gender rank: 73rd of 322, Overall rank: 82nd of 612)

Jim Dahlem 27:05 (Age group rank: 15th of 31, Gender rank: 146th of 322, Overall rank: 191st of 612)

Melissa King 27:11 (Age group rank: 9th of 25, Gender rank: 46th of 289, Overall rank: 194th of 612)

Michelle Miller 33:16 (Age group rank: 20th of 35, Gender rank: 148th of 289, Overall rank: 378th of 612)

Nicolas Crouzier 33:45 (Age group rank: 19th of 35, Gender rank: 235th of 322, Overall rank: 394th of 612)

Kristen Kelman 42:48 (Age group rank: 15th of 18, Gender rank: 250th of 289, Overall rank: 544th of 612)

parkrun College Park -- 2024-01-01

Sarah Flynn 22:31 (Gender rank: 3rd of 129, Overall rank: 19th of 243)

Wayne Dunbar 22:39 (Gender rank: 18th of 98, Overall rank: 21st of 243)

parkrun Kensington -- 2024-01-01

Andrei Ridzel 17:29 (Gender rank: 2nd of 20, Overall rank: 2nd of 39)

Liz Ozeki 21:24 (Gender rank: 1st of 18, Overall rank: 6th of 39)

Race into the New Year 5K -- 2023-12-31

Cindy Conant 20:06.50 (Gender rank: 2nd of 199, Overall rank: 11th of 371)

parkrun College Park -- 2023-12-30

Jim Dahlem 17:47 (Gender rank: 2nd of 86, Overall rank: 2nd of 184)

parkrun Kensington -- 2023-12-30

Andrei Ridzel 18:09 (Gender rank: 2nd of 38, Overall rank: 2nd of 74)

parkrun Anacostia -- 2023-12-23

Nicolas Crouzier 15:46 (Gender rank: 1st of 20, Overall rank: 1st of 36)

Adrian Spencer 18:09 (Gender rank: 2nd of 20, Overall rank: 2nd of 36)

Brian Murphy 18:31 (Gender rank: 3rd of 20, Overall rank: 3rd of 36)

Michelle Miller 21:26 (Gender rank: 1st of 16, Overall rank: 7th of 36)

Liz Ozeki 22:44 (Gender rank: 3rd of 16, Overall rank: 10th of 36)

parkrun Kensington -- 2023-12-23

Andrei Ridzel 18:20 (Gender rank: 2nd of 47, Overall rank: 2nd of 80)

Jingle Bell Jog 8K -- 2023-12-17

Ian Morgan 26:51.69 (Age group rank: 1st of 17, Gender rank: 1st of 187, Overall rank: 1st of 376)

Charlie Stern 27:57.68 (Age group rank: 1st of 28, Gender rank: 2nd of 187, Overall rank: 2nd of 376)

Colin Fishwick 28:06.13 (Age group rank: 1st of 18, Gender rank: 3rd of 187, Overall rank: 3rd of 376)

Andrei Ridzel 28:17.99 (Age group rank: 1st of 12, Gender rank: 4th of 187, Overall rank: 4th of 376)

Kevin Camp 28:41.89 (Age group rank: 2nd of 12, Gender rank: 5th of 187, Overall rank: 5th of 376)

James Anderson 28:44.45 (Age group rank: 3rd of 12, Gender rank: 6th of 187, Overall rank: 6th of 376)

Cameron Nasseri 29:37.34 (Age group rank: 1st of 9, Gender rank: 7th of 187, Overall rank: 7th of 376)

Rachel Cluett 30:10.56 (Age group rank: 1st of 14, Gender rank: 1st of 189, Overall rank: 10th of 376)

James Jalandoni 30:32.86 (Age group rank: 3rd of 17, Gender rank: 10th of 187, Overall rank: 11th of 376)

Brian Murphy 31:35.85 (Age group rank: 3rd of 28, Gender rank: 13th of 187, Overall rank: 14th of 376)

Kristin Lemos 32:14.51 (Age group rank: 1st of 22, Gender rank: 2nd of 189, Overall rank: 19th of 376)

Robert Palmer 32:19.61 (Age group rank: 3rd of 18, Gender rank: 18th of 187, Overall rank: 20th of 376)

Jeff Elkins 32:20.15 (Age group rank: 4th of 18, Gender rank: 19th of 187, Overall rank: 21st of 376)

Monika Schneider 33:22.77 (Age group rank: 2nd of 22, Gender rank: 4th of 189, Overall rank: 34th of 376)

Paul Jacobson 33:34.40 (Age group rank: 2nd of 21, Gender rank: 31st of 187, Overall rank: 35th of 376)

Meg Ryan 34:41.66 (Age group rank: 3rd of 22, Gender rank: 5th of 189, Overall rank: 40th of 376)

Bill Loomis 35:50.58 (Age group rank: 1st of 6, Gender rank: 41st of 187, Overall rank: 46th of 376)

Exavier Watson 35:53.45 (Age group rank: 11th of 28, Gender rank: 42nd of 187, Overall rank: 47th of 376)

Mark Adams 36:09.92 (Age group rank: 5th of 21, Gender rank: 45th of 187, Overall rank: 50th of 376)

Kristen Kelman 36:13.67 (Age group rank: 2nd of 14, Gender rank: 6th of 189, Overall rank: 51st of 376)

Marty Horan 36:29.64 (Age group rank: 6th of 21, Gender rank: 48th of 187, Overall rank: 54th of 376)

Melissa King 36:37.96 (Age group rank: 1st of 14, Gender rank: 7th of 189, Overall rank: 55th of 376)

Sarah Flynn 37:29.45 (Age group rank: 4th of 22, Gender rank: 10th of 189, Overall rank: 65th of 376)

Celtic Solstice Five-Miler -- 2023-12-16
Mark Neff 30:50.90 (Gender rank: 24th of 894, Overall rank: 29th of 2618)

parkrun Kensington -- 2023-12-16
Andrei Ridzel 18:25 (Gender rank: 1st of 39, Overall rank: 1st of 61)

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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!