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Montgomery County Road Runners Club

Ins & Outs - Friday, March 24, 2023

"We Are Running in Montgomery County"

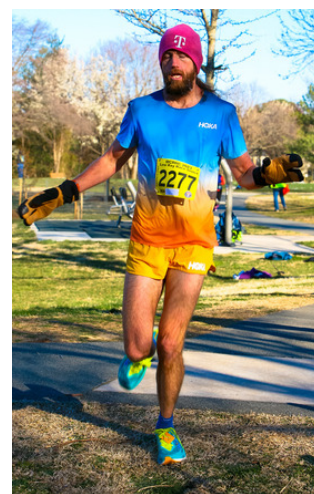


Dear Members -

Happy ~~spring/ winter's last gasp/ fool's spring/ real spring/~~
~~winter....~~ whatever this is? We fared pretty well in my house over
the winter, but it seems winter has decided to go out like a lion.
Bring on the sniffles, sore throats, and general funk and hopefully
it ends there for awhile. I am ready for spring!

Thank you and congratulations to Mayra Fairbairn for another
awesome **Piece of Cake 5K/ 10K!** Big thanks to all the
volunteers and members who came out to the race. In fact, I
was informed that the very well-known ultra runner, Mike
Wardian, participated in the race. If you were one of the
participants who saw him, very cool!

Piece of Cake also served as the club's first, official Youth
Participation Series run (YS) since 2019 - the very last thing to
come back from the pandemic. It was so refreshing to hear
about our youngest members who came out to enjoy the day
despite the harsh temperatures on Sunday. We hope the
warmer weather brings out more kiddos for a well-rounded
series. Check out the [YS page](#) on our website for more information on what's next!



Join us this Sunday at 7:45 for the **Spin in the Woods XC**, starting from the Wheaton
Ice Arena. Please check out the race webpage for location and important parking
information - and, tell a friend! Registration for non-members is open through the start of
the race.

I am pleased to announce that we have a new **2023-24 MCRRC Board of Directors
Slate!** Online voting is now closed. Congratulations to Brian Murphy (President),
Sherene Sepehri (Vice President), Jane Heinrichs (Secretary), and Ashish Gupta
(incumbent - Treasurer), as well as our At-Large Members Elliott Alman (incumbent), Jim
Dahlem (incumbent), Deb Levy (incumbent), Shlomo Fishman, and Libby Miller. We are
excited to put them to work at our first meeting with the new Board in April.

Registration is OPEN for the **Annual Awards Banquet** on Saturday, April 29th at AMP in

Rockville. As of the moment I typed this letter, only a few spots were remaining in regular registration. Once registration fills, a waitlist will be enforced. Please do sign up to join the waitlist if you are interested in attending - there are always cancellations as we approach the event, and we are usually able to release some of the spots held over for award winners and presenters if they are not filled.

Have a great weekend, MCRRC!



Ashley Zuraf
Executive Director

UPCOMING RACES & RACE NEWS

March 26th - Spin in the Woods - Registration is OPEN for non-members! Check out the [race webpage](#) for more information.

April 15th - Capital for a Day 5K - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

April 23rd - Pike's Peek 10K - Registration is OPEN! Check out the [race website](#) for more information and to register. Volunteers are needed for this event!

May 6th - Kids on the Run - Registration is OPEN! Check out the [race website](#) for more information and to register. Volunteers are needed for this event!

May 21st - Run Aware XC - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

May 29th - Memorial Day 4 Miler - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

June 3rd - Little Bennett 10K XC - Registration is OPEN for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

June 17th - Run for Roses (Ladies only!) - Registration is OPEN! Check out the [race website](#) for more information and to register. Volunteers are needed for this event!

June 17th - Suds & Soles - Registration is OPEN! Check out the [race website](#) for more information and to register. Volunteers are needed for this event!

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!

THE YOUTH PARTICIPATION SERIES IS BACK!

MCRRC members who are 17 years old and younger can participate in our non-competitive, non-timed, specifically-designated youth races which are part of the low-key race series.



There are 11 youth series events for the 2023 season. Prior to each event, a parent or guardian must register each participant for the youth series race & distance they intend to complete. Distances range from 0.25-1 mile.

Online registration will remain open through the start of each race, but please note that paper registration forms will no longer be accepted. Parents or guardians should plan to register their participant before leaving the house for the race, or from a smartphone at the race site. Both members and non-members alike must register using the online form; however only MCRRC members will be eligible for the YS participation awards, to be awarded at the

MCRRC awards banquet the following year.

Each MCRRC Member participant will receive a bib to wear for the duration of YS events for 2023.

Should you register your child for a YS event, but can no longer attend, we ask that you please remove their registration from the system so it is not counted towards the participation for the year. The registration website will be the platform used to determine youth participation awards for the year. If you have any issues using the site, please contact office@mcrrc.org for assistance.

For more information on the series, please visit [our website](#). To participate in a youth series event, please register [here](#).

SO YOU THINK YOU CAN VOLUNTEER...

By: Kristen Kelman

Ultra-marathons are my absolute favorite type of races to volunteer at. I took advantage of the Seneca Greenway 50K and Marathon, held on Saturday, 3/11, to enjoy two days out on the trails and volunteer in two different capacities.

Did you know that many of MCRRC's longer and larger races require multiple days of volunteer efforts? Even if you're not available on race day, you can still contribute in a very meaningful way.

For this race, I volunteered on Friday morning to mark part of the course. Marking involves placing flags or streamers on the course indicating where runners should go. I like marking because you get to walk or run/walk the course without doing the entire distance and while taking the time to enjoy the scenery. For this effort, I was joined by my new friend Jay, who was trying out a new volunteer role. It was great getting to know Jay and guessing where the runners

would look. The difficult part about marking is that if you don't know the course, or you don't put the markings in just the right spot, you could end up getting some runners lost on race day. It can be slightly stressful, so having the combination of me, who knew the course, and Jay, who knew the area, was perfect (unless you got lost on race day going around the lake. If you did, we're very sorry!).

It was wet and getting cold, so I was worried about the runners having a miserable race day. But they were very lucky and had great weather this year!



My second volunteer job for this race was on race day, where I was the course marshal. A course marshal stands (or sits) at a spot on the course and shows the runners where to go or helps them cross a road safely. I volunteered to be a course marshal after a particularly rough stretch of trail where runners exit onto Riffle Ford Road, just before they hit the very last aid station. I love this spot because the runners are so happy to see you and get off of the monotonous, long trail. Since my shift was 3 hours, I brought a camp chair and a snack with me. The time absolutely flew by and I was reluctant to leave when

my replacement showed up!

I had a great time volunteering and hope to see you at the club's next race!

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!

COMPETITIVE RACING TEAM RESULTS

By: Nicolas Crouzier

Here are the team's results:

Piece of Cake 10K – 2023-03-19

Nicolas Crouzier 33:48 (Age group rank: 1st of 9, Gender rank: 1st of 114, Overall rank: 1st of 197)

James Anderson 36:44 (Age group rank: 2nd of 9, Gender rank: 6th of 114, Overall rank: 6th of 197)

David Storper 37:15 (Age group rank: 1st of 15, Gender rank: 8th of 114, Overall rank: 8th of 197)

Kevin Camp 37:55 (Age group rank: 3rd of 11, Gender rank: 10th of 114, Overall rank: 10th of 197)

Liz Ozeki 39:40 (Age group rank: 1st of 11, Gender rank: 1st of 83, Overall rank: 14th of 197)

Jeff Elkins 39:42 (Age group rank: 3rd of 13, Gender rank: 14th of 114, Overall rank: 15th of 197)

Bill McNary 39:45 (Age group rank: 2nd of 15, Gender rank: 15th of 114, Overall rank: 16th of 197)

Mark Henrickson 40:31 (Age group rank: 3rd of 14, Gender rank: 19th of 114, Overall rank: 20th of 197)

Bryan Rivera 40:32 (Age group rank: 3rd of 9, Gender rank: 20th of 114, Overall rank: 21st of 197)
Brian Murphy 40:50 (Age group rank: 4th of 9, Gender rank: 21st of 114, Overall rank: 22nd of 197)
Erin Kelman 42:04 (Age group rank: 4th of 14, Gender rank: 23rd of 114, Overall rank: 24th of 197)
Robert Palmer 42:10 (Age group rank: 5th of 14, Gender rank: 24th of 114, Overall rank: 25th of 197)
Frank Perna 43:13 (Age group rank: 2nd of 12, Gender rank: 32nd of 114, Overall rank: 34th of 197)
Monika Schneider 43:36 (Age group rank: 1st of 6, Gender rank: 3rd of 83, Overall rank: 37th of 197)
Michelle Miller 44:46 (Age group rank: 1st of 14, Gender rank: 5th of 83, Overall rank: 44th of 197)
Shlomo Fishman 45:10 (Age group rank: 7th of 11, Gender rank: 41st of 114, Overall rank: 46th of 197)
Mark Adams 45:13 (Age group rank: 2nd of 15, Gender rank: 42nd of 114, Overall rank: 47th of 197)
Marty Horan 48:48 (Age group rank: 3rd of 15, Gender rank: 54th of 114, Overall rank: 64th of 197)
Kristen Kelman 52:06 (Age group rank: 2nd of 11, Gender rank: 14th of 83, Overall rank: 75th of 197)

Piece of Cake 5K -- 2023-03-19

Sarah Flynn 22:21 (Age group rank: 1st of 13, Gender rank: 2nd of 116, Overall rank: 16th of 197)

Rock 'n' Roll DC 5K -- 2023-03-18

Alexandra Amidon 21:22 (Age group rank: 1st of 218, Gender rank: 13th of 1440, Overall rank: 33rd of 2302)

parkrun College Park -- 2023-03-18

Kevin Camp 17:34 (Gender rank: 1st of 61, Overall rank: 1st of 132)

St. Patrick's Day Shamrock 5K -- 2023-03-12

Chris Pruitt 15:21.77 (Gender rank: 7th of 1552, Overall rank: 7th of 3576)

Lucky Leprechaun 10K -- 2023-03-11

Alexandra Amidon 43:30.20 (Age group rank: 1st of 16, Gender rank: 2nd of 59, Overall rank: 6th of 103)

Seneca Creek Greenway Trail 50K -- 2023-03-11

Nicolas Crouzier 4:03:39 (Age group rank: 1st of 16, Gender rank: 1st of 88, Overall rank: 1st of 117)

Adrian Spencer 4:21:56 (Age group rank: 1st of 36, Gender rank: 2nd of 88, Overall rank: 2nd of 117)

Michelle Miller 5:16:08 (Age group rank: 1st of 8, Gender rank: 2nd of 29, Overall rank: 11th of 117)

Seneca Creek Greenway Trail Marathon -- 2023-03-11

Robert Palmer 4:53:43 (Age group rank: 5th of 15, Gender rank: 6th of 59, Overall rank: 7th of 117)

80)

parkrun Kensington -- 2023-03-11

Liz Ozeki 18:26 (Gender rank: 1st of 31, Overall rank: 3rd of 62)

parkrun College Park -- 2023-03-04

Wayne Dunbar 22:54 (Gender rank: 22nd of 77, Overall rank: 25th of 154)

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

MCRRC Racing Team member Cindy Conant ran the Shamrock Half Marathon last Friday and just missed setting the American Women's Half-Marathon Record in the 60-64 year old category.

Cindy finished in a blistering 1:29:01 (that's 6:48 per mile pace), coming within 35 seconds of the American record of 1:28:26 set in November 2011. She finished first in her age group and was the 30th female overall!

Cindy will be running the Cherry Blossom Ten Miler and the Boston Marathon next month. She may make another attempt at the half-marathon record if it works for her training schedule! Congratulations, Cindy!

Photo: Charlotte Conant

Recently married? New job? New baby? PR? Share your member moments (running-related or not) with us! Please contact office@mccrc.org with your exciting news so we can mention it in an upcoming edition of Ins & Outs!



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