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Montgomery County Road Runners Club

Ins & Outs - Friday, April 7, 2023

"We Are Running in Montgomery County"



Dear Members -

I hope those of you with MCPS kiddos are enjoying spring break and this wonderful weather to go with it! Whether you're in town or spending the week somewhere fun, be sure to spend some time outdoors!

Did you know that **April** is **National Volunteer Month**? If you did not, you are not alone. I actually didn't know that either. There are a million "internet-created" or "Hallmark" holidays out there - from sweet creations like "National Sons Day" and "National Daughters Day" to more ridiculous ones like "National Popcorn Day" and "National Pretend to be a Time Traveler Day" (this is on December 8th, in case you're interested.... I know *someone* is interested).

#NationalVolunteerMonth is meant to honor all of the volunteers in our communities as well as to encourage volunteerism throughout the month. Volunteers come in all shapes and sizes (much like runners). They pick something that's important to them and hope to make a difference in someone's life. You may think that volunteering for a race is small in comparison to volunteering for other causes, but to that one runner - that one person who may have been struggling that day - your smile and words of encouragement just might change their whole experience! No job is too small to make a difference in someone's life.

With that, the club's very own **Pike's Peak 10K** is behind in volunteer numbers. Coincidentally, the race takes place on April 23rd, during **National Volunteer Month**. Please consider [signing up](#) to lend a hand. Come out and make someone's day and offer them a positive experience! The signup for all available volunteer jobs is open on [the website](#). We thank you in advance for your support.

As of today, general registration for the **2023 MCRRC Awards Banquet** is sold out. However, we are in the process of checking with all award winners and presenters and once we finalize their attendance, the additional spots will be released to those on the waitlist early next week, so stay tuned! If you are not yet on the waitlist, but would like to attend, please be sure to [signup](#) today!

Have a great weekend, MCRRC!



Ashley Zuraf
Executive Director

UPCOMING RACES & RACE NEWS

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 Peak 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 MCRRRC members will be eligible for the YS participation awards, to be awarded at the

MCRRRC awards banquet the following year.

Each MCRRRC 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

On March 19th, I volunteered at MCRRRC's (Not a) Piece of Cake 5K/10K. I tried a new volunteer role as "Bagel Runner" for this race. I picked up the post-race bagels and cream cheese and brought them to the race site. While that meant I had to be there EARLY (bagel pickup was for 7:00 AM for an 8:30 race...), this meant I had a reserved and primo parking spot and got to wait in my warm car until the race started. I was pretty happy.

This was a quick and easy volunteer job and I would definitely recommend it, especially if you want to do some extra miles before the race! The turnout for this 5K/10K was awesome and it was so nice to see everyone. It was also nice to be able to pick your distance at the 5K mark, where you could either go left or right for the 5K or 10K.

I decided to do a second loop and go for 10k. It was great to see people out on the course, including the fantastic folks of Athletes Serving Athletes, as about a mile of it followed the same route out and back. Those guys and gals are my heroes for making those hills look easy! The volunteers were super friendly and encouraging despite being chilly I'm sure. And thank you for everyone who cheered on me and Baby Kelman, even on our walk breaks. Thanks MCRRRC for

putting on another great 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:

Cherry Blossom 10 Miler -- 2023-04-02

Shlomo Fishman 56:31 (Age group rank: 28th of 1329, Gender rank: 128th of 7125, Overall rank: 146th of 16710)

Colin Fishwick 57:39 (Age group rank: 5th of 557, Gender rank: 152nd of 7125, Overall rank: 176th of 16710)

James Anderson 58:16 (Age group rank: 23rd of 1160, Gender rank: 169th of 7125, Overall rank: 196th of 16710)

Ryan Johnson 58:34 (Age group rank: 26th of 1160, Gender rank: 174th of 7125, Overall rank: 203rd of 16710)

Aaron Anderson 58:44 (Age group rank: 30th of 1160, Gender rank: 184th of 7125, Overall rank: 214th of 16710)

Brett Ruff 59:30 (Age group rank: 35th of 1160, Gender rank: 214th of 7125, Overall rank: 250th of 16710)

Armand Silva 59:36 (Age group rank: 36th of 1160, Gender rank: 222nd of 7125, Overall rank: 258th of 16710)

Margaret Srock 59:59 (Age group rank: 11th of 1714, Gender rank: 39th of 9547, Overall rank: 271st of 16710)

Rachel Cluett 1:00:03 (Age group rank: 8th of 1422, Gender rank: 41st of 9547, Overall rank: 278th of 16710)

Chris Moen 1:00:25 (Age group rank: 56th of 1329, Gender rank: 254th of 7125, Overall rank: 299th of 16710)

Bryan Rivera 1:00:43 (Age group rank: 46th of 1160, Gender rank: 264th of 7125, Overall rank: 311th of 16710)

Liz Ozeki 1:01:27 (Age group rank: 14th of 1714, Gender rank: 53rd of 7125, Overall rank: 344th of 16710)

Brian Murphy 1:01:43 (Age group rank: 53rd of 1160, Gender rank: 300th of 7125, Overall rank: 356th of 16710)

Erin Kelman 1:02:01 (Age group rank: 10th of 557, Gender rank: 309th of 7125, Overall rank: 367th of 16710)

Alex Booth 1:03:25 (Age group rank: 62nd of 1160, Gender rank: 362nd of 7125, Overall rank: 440th of 16710)

Mark Henrickson 1:03:35 (Age group rank: 13th of 557, Gender rank: 373rd of 7125, Overall rank: 455th of 16710)

Hasan Hobbs 1:03:40 (Age group rank: 15th of 557, Gender rank: 380th of 7125, Overall rank: 463rd of 16710)

Jeff Elkins 1:03:53 (Age group rank: 21st of 868, Gender rank: 398th of 7125, Overall rank: 486th of 16710)

Ryan Hadley 1:04:38 (Age group rank: 25th of 868, Gender rank: 448th of 7125, Overall rank: 557th of 16710)

Nicolas Crouzier 1:06:22 (Age group rank: 100th of 1160, Gender rank: 564th of 7125, Overall rank: 699th of 16710)

Robert Palmer 1:07:05 (Age group rank: 32nd of 557, Gender rank: 616th of 7125, Overall rank: 773rd of 16710)

Michelle Miller 1:07:16 (Age group rank: 6th of 1146, Gender rank: 160th of 9547, Overall rank: 797th of 16710)

Meg Ryan 1:07:52 (Age group rank: 7th of 1146, Gender rank: 178th of 9547, Overall rank: 867th of 16710)

Cindy Conant 1:08:19 (Age group rank: 1st of 272, Gender rank: 209th of 9547, Overall rank: 942nd of 16710)

Erica Singleton 1:09:01 (Age group rank: 13th of 1146, Gender rank: 246th of 9547, Overall rank: 1045th of 16710)

Melissa Rittenhouse 1:09:01 (Age group rank: 3rd of 795, Gender rank: 244th of 9547, Overall rank: 1042nd of 16710)

Lisa Levin 1:09:48 (Age group rank: 6th of 795, Gender rank: 270th of 9547, Overall rank: 1134th of 16710)

Bill Loomis 1:13:54 (Age group rank: 9th of 127, Gender rank: 1244th of 7125, Overall rank: 1688th of 16710)

Rodney Rivera 1:13:55 (Age group rank: 134th of 868, Gender rank: 1247th of 7125, Overall rank: 1693rd of 16710)

Judy Lyons 1:14:56 (Age group rank: 8th of 482, Gender rank: 499th of 9547, Overall rank: 1863rd of 16710)

Mark Adams 1:15:14 (Age group rank: 22nd of 307, Gender rank: 1392nd of 7125, Overall rank: 1917th of 16710)

Alexandra Amidon 1:15:22 (Age group rank: 121st of 1714, Gender rank: 529th of 9547, Overall rank: 1947th of 16710)

Kristen Kelman 1:26:31 (Age group rank: 356th of 1714, Gender rank: 1850th of 9547, Overall rank: 5003rd of 16710)

Gorge Waterfalls -- 2023-04-01

Adrian Spencer 10:17:13 (Age group rank: 1st of 43, Gender rank: 10th of 157, Overall rank: 12th of 371)

B & A Half Marathon -- 2023-03-26

Kevin Camp 1:23:23 (Age group rank: 5th of 75, Gender rank: 13th of 270, Overall rank: 13th of 530)

Laura Ramos 1:35:19 (Age group rank: 1st of 85, Gender rank: 6th of 260, Overall rank: 44th of 530)

B & A Marathon -- 2023-03-26

Mark Henrickson 3:02:45 (Age group rank: 6th of 42, Gender rank: 17th of 174, Overall rank:

Spin in the Woods 4 Miler -- 2023-03-26

Nicolas Crouzier 22:48.58 (Age group rank: 1st of 8, Gender rank: 1st of 92, Overall rank: 1st of 152)

Adrian Spencer 25:10.05 (Age group rank: 1st of 13, Gender rank: 2nd of 92, Overall rank: 2nd of 152)

David Storper 25:59.28 (Age group rank: 1st of 11, Gender rank: 4th of 92, Overall rank: 4th of 152)

Alex Booth 26:33.61 (Age group rank: 2nd of 8, Gender rank: 6th of 92, Overall rank: 6th of 152)

Matthew Richardson 26:53.95 (Age group rank: 2nd of 13, Gender rank: 7th of 92, Overall rank: 7th of 152)

Michelle Miller 28:28.17 (Age group rank: 2nd of 14, Gender rank: 2nd of 60, Overall rank: 13th of 152)

Robert Palmer 28:49.29 (Age group rank: 2nd of 12, Gender rank: 12th of 92, Overall rank: 14th of 152)

Mark Adams 31:07.66 (Age group rank: 1st of 14, Gender rank: 20th of 92, Overall rank: 23rd of 152)

Marty Horan 32:19.59 (Age group rank: 3rd of 14, Gender rank: 27th of 92, Overall rank: 32nd of 152)

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.

2023 PIKE'S PEEK 10K
Presented by:

SUNDAY
4.23.23
7:50 AM

PIKE & ROSE

FAST PR COURSE











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MEMBER MOMENTS

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

STAY INFORMED!

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