Montgomery County Road Runners Club

Ins & Outs - Friday, May 1, 2024

"We Are Running in Montgomery County"

Dear Members -

Happy Month of May!

After the rainy month of April, it's great to finally see the sunshine. The end of April means one thing for me: time to share my absolute favorite meme. I have included it at the end of this newsletter for you boy band fans :-) May is also the month of my wedding anniversary, though it will likely be overshadowed by youth travel sports. My husband and I were married on Kentucky Derby Day, so I guess that's appropriate in some way.

HUGE congrats to Danny Talmage for his direction of the 2024 Pike's Peek 10K and SUPER HUGE thank you to all the hundreds of volunteers and participants who made this a wonderful day in Rockville. I think Danny had exactly 5 minutes to breathe before he pivoted to being the "fill in" RD for XC on the Farm last weekend as well as managing the club's lineup of RMS races this spring. We see your efforts, Danny, and we thank you!

Next up for MCRRC is Kids on the Run. Thanks to all who answered RD Dan Rubin's call for volunteers. This is a special event for the kids and we certainly want to make sure they have a wonderful running experience. You may even see the rare appearance of a Zuraf in attendance after my 6 year old came home from baseball a few weeks ago proclaiming that his "favorite part of baseball practice was the running!" -- weather permitting of course. We are not that hard core yet.

The awards banquet is around the corner and is totally and completely full. After a few years of that not being the case, I guess that tells me you guys liked the dinner idea. We do have a waitlist enabled, but I must warn you - it's quite long. It's wonderful to see so many who want to attend to support the nominees. We actually just received word that AMP by Strathmore is sadly closing it's doors, so this will be our final time in this wonderful venue. This also means a lot more work for me to find us a new home.

Have a great weekend, MCRRC & of course (because I am super cheesy), May the 4th Be With You (tomorrow)!

Ashley Zuraf
Executive Director

UPCOMING RACES & RACE NEWS

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.*

July 12th - Midsummer Night's Mile - 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 foTr MCRRC Members.*

July 20th - Matthew Henson Trail 5K - 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.*

July 28th - Riley's Rumble - 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.*

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.

SPEND YOUR MEMORIAL DAY WITH MCRRC!

Join us Monday May 27 and wear your red, white, and blue to remember those we lost, and get ready to run through Rock Creek Park!

We also have a 1-mile fun run that day for kids which this year is part of Kids' Global Athletic Day (and also part of our Youth Series). The theme of this year's Kids' Global Athletics Day is the World Mile Challenge. In honor of the 70th anniversary of Roger Bannister breaking the 4 minute mile, the Challenge will track just how many miles kids around the world can collectively run, jog, or walk in the month of May!

LEARN MORE

'YOU'RE HALFWAY THERE!' - COME TRAIN WITH US!

Did you just run a recent spring race? Congrats!

Don't let the post-race blues get to you, set the next goal, and join us this summer in training for a half marathon! We have just two weeks until our Summer Half Marathon training program starts on May 18!

Registration is open now - this year we have special premiums offered, including a branded towel to cool off with after your run.

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Summer Half Marathon Program

- Trains runners to finish a half marathon
- Meets 2x a week on Tuesdays and Saturdays
- Registration is $100 (includes premium)
- All paces welcome
- Runs May 18-September 8

This program is geared toward running our very own Parks Half Marathon but can be used for any late summer or fall race!

CHECK IT OUT TODAY!

SET YOUT SIGHTS ON SOMETHING BIG THIS YEAR!

REGISTRATION IS OPEN NOW!
STONE MILL 50 MILER

REGISTER NOW

RACE DATE: NOV. 9, 2024
Starts at 6:00 AM

50 MILES OF TRAILS
Showcases the beauty of the Seneca Greenway and Muddy Branch trails

FREE RACE PHOTOS
We promise top-notch aid stations, volunteers, and free photos

www.stone-mill-50-mile.org

It's Gonna Be May! So let's celebrate a new month with opening our registration for our favorite endurance event of the fall, none other than our Stone Mill 50 Mile Race! This is your chance to cross that bridge into ultra-terrain and do it with the best club! This race features everything you'd want in an ultra, stocked aid stations, scenic trails and views, volunteers who will cheer you on, free photos to capture the memories, and so much more! Register today and get excited to do something epic this November!

LEARN MORE & REGISTER!

HIT YOUR FALL GOALS WITH XMP!

So, you've set your fall calendar with your next goal marathon – now what?

Come train with MCRRC's Experienced Marathon Program (XMP) which is designed to train runners with previous marathon experience who are looking to improve their training and racing outcomes.

We start informally in May before our official kick off in June – and tailor our training for any marathon beginning in September through November. All paces are welcomed, and coaches will work with pace groups to assist runners in reaching their goals no matter how big or small. Many XMP participants go on to Boston Qualify at their marathons because of the training or set major PRs! Register now – and set your sights on that big goal you've been aspiring to.

REGISTER TODAY!

RACE TEAM HIGHLIGHTS

By: Nicolas Crouzier

Here are the team's highlights from March 31 - April 30:

- **Cherry Blossom 10 Miler (April 7th):** 25 members ran in downtown DC. Cindy Conant ran a 1:07:55 which equivalates to a **97.82%** age grade score!
- **Boston Marathon (April 14th):** 7 members ran Boston this year with James Anderson (2:49:03) and Lisa Levin (3:19:22) leading the way.
- **Gorge Waterfalls 100K (April 13th):** Adrian Spencer lead the group of 5 teammates to a 6th place overall (10:01:23)
- **Pike's Peek 10K (April 21st):** Racing team runners had a strong presence, Ian Morgan

(32:53) and Rachel Cluett (36:16) led the 21 team racers.
- **I Don't Give a 5K (April 27th):** Julie Sapper took 1st place overall with a time of 22:24.51!
- **XC on the Farm 5K (April 28th):** Hilary Moen ran her first race as team member and won the race in 21:37. Nicolas Crouzier took 1st overall in 17:22.
- **Kevin Camp:** After months of hard work, Kevin ran a sub 17 5K at the Elizabethtown Blue Jay Tune-Up running a 16:52!
- **Bill Loomis:** Celebrated his birthday by taking first place in his new age group (70+) at the Springburst 10K (45:06) and finished 13th overall!

For a complete list of racing team results please visit **https://raceteam.mcrrc.org**

New members:

We are welcoming several new team members!

Libby Miller, Hillary Moen, Heather Sisan, Jessica Frost, Emilie Ney, RJ Spalding, and Chad Young

Also, Rodney Rivera and Wayne Breslyn are rejoining the team as well.

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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.

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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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