Montgomery County Road Runners Club

Ins & Outs - Friday, September 15, 2023

"We Are Running in Montgomery County"

Dear Members -

Congratulations to all who participated in, finished, volunteered at, and otherwise supported the **Parks Half Marathon** this past Sunday! As you can gather, putting on a successful half marathon is a pretty significant undertaking. Whereas the average low-key race might require 24 volunteers (or less!), a race like Parks requires hundreds. Whereas a low-key race permit may only require a quick application or a school reservation, a race like Parks requires hours of work to convince several municipalities to approve our plan. When I was a low-key race director, I was able to bring together my final plans in the days before the race. For a race like Parks, the planning starts close to a year in advance and race week can be a full-time job. We are grateful to each and every Team Captain and volunteer who came together to pull off a successful running of Parks, and of course to Race Director Kiki Li. If you ran the race, I hope you met whatever goals you set for yourself that day and if you did not, I hope you enjoyed the experience.

I can't believe we're entering the last quarter of the year. Races like the upcoming **Needwood XC** and **Black Hill 10K** just speak "fall" to me. And there's another good one left for the kids this year too, as the **Cabin John Kids Run** is just around the corner! Please support these low-key races either as a volunteer or through participating. And convince a friend to join you! Our modestly priced low-key races are budget-friendly without sacrificing quality -- something that MCRRC has always been proud of.

For a lot of you, the arrival of fall also symbolizes marathon season! If Marine Corps is part of those plans, be sure to signup for the **Marine Corps Marathon Hospitality Suite** in Crystal City. Meet up with your running friends before the marathon, and unwind, enjoy some hot food, and share memories of the day after the race. Another benefit to the hospitality suite is a place to store your belongings during the race! Register here for the hospitality suite.

Have a great weekend, MCRRC!

Ashley Zurat

Ashley Zuraf
Executive Director

UPCOMING RACES & RACE NEWS

September 23rd - **Lake Needwood 10K XC** - **Registration is OPEN for non-members!** Check out the race webpage for more information. Volunteers are needed for this event!

September 24th - **Cabin John Kids' Run** - **Registration is OPEN!** Check out the race webpage for more information. Volunteers are needed for this event!

October 7th - **Black Hill 10K** - **Registration is OPEN for non-members!** Check out the race webpage for more information. Volunteers are needed for this event!

November 11th - **Stone Mill 50 Mile -** **Registration is OPEN!** Check out the race website for more information and to register. Volunteers are needed for this event!

November 18th - **Run Under the Lights** - *Registration will open on October TBD and more information on the 2023 event will be available on the race website soon.*

November 25th - **Turkey Burnoff 5/10 Mile -** **Registration is OPEN for non-members!** Check out the race webpage for more information. Volunteers are needed for this event!

December 10th - **Seneca Slopes** - *Non-member registration and volunteer signup coming soon!*

December 17th - **Jingle Bell Jog** - *Non-member registration and volunteer signup coming soon!*

RUNNING ON THE BOARD: SHLOMO FISHMAN

If you're familiar with MCRRC, you are probably also aware of the phrase, "a place for every pace."

This isn't just a cute tag line, it is life and the principals that come along with it. MCRRC means more than just community, comraderie, and companionship. To me, it is everything that encompases the "who" and "what" in living a life of acceptance and inclusivity. Being "a place for every pace" means that no matter who you are, how fast you run, or what your athletic resume says, you are welcome here.

I decided to join the board after being approached by a friend at our Tuesday morning workout. I never thought about serving and quite frankly I wasn't sure if i wanted to either or if it was for me. After some thought and convincing, I applied and was accepted, nominated, and voted onto the board.

My primary goal(s) during my service is to make everyone feel welcome and wanted. As a new parent, I also want other new parents to know that there are opportunities for you here as well. Most of all, I get to meet and know each of you better. When we have a community that supports each other, we are all stronger.

When I'm not on the roads or track, you can find me at home hanging out with my son and wife, cooking, or doing one of a thousand hobbies.

Next time you're on the fence about registering to run, volunteer, or participate in a training program, remember that you're always welcomed and wanted.
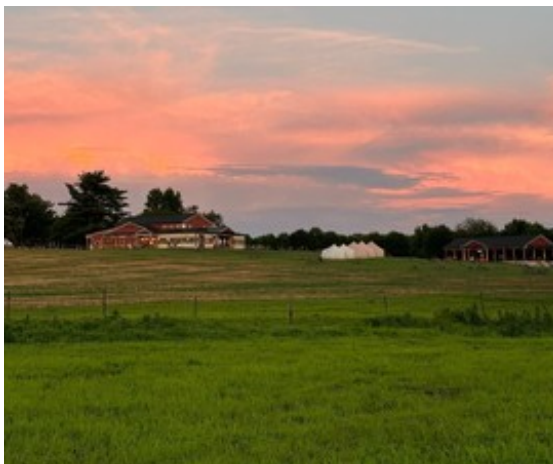
Cheers and happy running!

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Shlomo Fishman is an At-Large Member of the MCRRC Board. Read more about Shlomo and the rest of MCRRC's leadership [here](.).

ANNUAL MEMBER APPRECIATION HAPPY HOUR

Save the Date for our annual **MCRRC Member Appreciation Happy Hour** on Thursday, October 19th at Lone Oak Farm Brewery!

Join us for a wonderful evening of music, outdoor games, drinks & food! Get know other members OFF the trail and see if you know who's who when they aren't wearing running clothes!

The happy hour will run from 5:00 PM to 8:00 PM (Lone Oak closes at 8 PM).

Each attendee will receive one drink ticket "on us" & delicious bites from Lone Oak. Adult only participation is encouraged. Additional beverages by Lone Oak are available for purchase. Non-alcoholic beverages will also be available in addition to fine brews and hard seltzer.

Members are welcome to bring a guest, but we ask that this please be limited to one.

Attendance is free, but we do need a head count, so please RSVP [here](.)!

SO YOU THINK YOU CAN VOLUNTEER...

By: Kristen Kelman

Last Saturday I continued my volunteer streak at Packet Pickup for the Parks Half Marathon.

For larger races, MCRRC offers Packet Pickup the day before the race, which provides an easy opportunity to volunteer AND run. This was a particularly sweet volunteer gig because Packet Pickup was at RnJ Sports in Rockville, which gave me a great excuse to go shopping at a local business, while helping out the club.

In this case I went shopping *after* I volunteered from 10am-2pm stuffing bags. I chose this gig because it gave me a chance to grab my husband's bib, see some friends, meet some new people, and, most importantly, free me up on race day to manage a one month old while spectating. It also allowed both my husband and I the chance to volunteer. MCRRC races usually offer a few volunteer roles that are schedule before or after the race, especially with larger races like Parks. Some of these roles may even take place in the days prior to race day, so be sure to check those out. <u>Helpful hint:</u> Not all volunteer roles take place at the race site or even at the clubhouse, so it's always important to know where you're expected to be.

Congratulations to all the Parks Half Marathon Finishers and THANK YOU, volunteers!

Considering helping out at the next MCRRC race? The Lake Needwood XC is coming up! I'm looking forward to volunteering again, and who knows, you may even see me run.

The photo this week shows my husband, Erin, pacing the 1:45 group to a very timely finish, taken by M. Schewe, near where I spectating at Veirs Mill Park. Hopefully Kaiden and I brought some joy and smiles to the participants on a tough section of the course!

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***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!*

WHAT'S WHERE ON MCRRC.ORG?

By: Ashley Zuraf

Track

Ah, track. One of the hardest parts of my job, the most frustrating by far, and the bane of my existance, if I am being honest. But I'll hold back from telling you how I really feel. If you have participated in an MCRRC training program, you've likely come to understand their reliance on the use of a track. What you may not know, is that we can't just pick a track that we like, in a location convenient to us, and show up in droves to run there. We need tracks... and

so do all the high school athletes and sports clubs in the area. And what I can tell you for sure,

is that the latter always gets priority. In order to secure a track, we need express, written permission from the school administration and athletic department and we must secure a permit through Community Use of Public Facilities (CUPF). During the winter months, when lights are required, the tracks available to us shrink to a pretty stressful level.

So where can you find out about these elusive & glorious locations that I work SO HARD to find for you?

On the "Current Track Locations" page under the **"Training"** heading on our website!
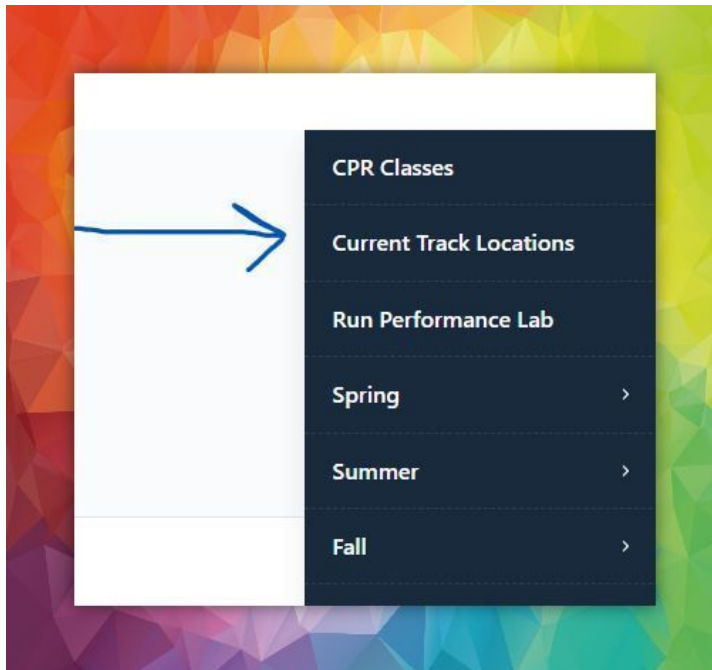
An easy way to remember that is, well, what do you go there to do? Train usually. So you can find this information under the Training heading. This page will always list the current track locations (Tuesday & Wednesday) and the times of our permit, if known. This page is also used to list known cancellations due to school sports, when they are provided to us in time.

While primarily used by training programs, our track permits are open to any club member. Tuesday track is just an "availability" but on Wednesday, there is also a Weekly Drop-in Run, our long-standing "Wednesday Track" night, run by Denis McDonald. All members are welcome & encouraged to participate.

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Ashley is the Executive Director of MCRRC and the Editor of Ins & Outs. She is not a webmaster - not even close. However, she likes to pretend she is. Ashley's web skills are mostly self-taught through ongoing trial & error. No actual websites are harmed during this process, but that doesn't mean there aren't ample opportunities for our *real* webmaster to save the day.

COMPETITIVE RACING TEAM RESULTS

By: Nicolas Crouzier

Here are the team's results:

Parks Half Marathon -- 2023-09-10
Nicolas Crouzier 1:13:11 (Age group rank: 1st of 62, Gender rank: 3rd of 591, Overall rank: 3rd of 1089)
Aaron Anderson 1:15:44 (Age group rank: 2nd of 127, Gender rank: 7th of 591, Overall rank: 7th of 1089)
Charlie Stern 1:16:26 (Age group rank: 3rd of 127, Gender rank: 8th of 591, Overall rank: 8th of 1089)
James Anderson 1:19:51 (Age group rank: 3rd of 62, Gender rank: 10th of 591, Overall rank:

11th of 1089)

Ryan Johnson 1:20:15 (Age group rank: 4th of 62, Gender rank: 11th of 591, Overall rank: 12th of 1089)

Andrei Ridzel 1:20:27 (Age group rank: 3rd of 46, Gender rank: 12th of 591, Overall rank: 13th of 1089)

Rachel Cluett 1:21:04 (Age group rank: 1st of 75, Gender rank: 2nd of 497, Overall rank: 14th of 1089)

David Storper 1:21:20 (Age group rank: 1st of 77, Gender rank: 14th of 591, Overall rank: 16th of 1089)

Colin Fishwick 1:22:32 (Age group rank: 3rd of 86, Gender rank: 18th of 591, Overall rank: 22nd of 1089)

Kevin Camp 1:22:56 (Age group rank: 6th of 62, Gender rank: 19th of 591, Overall rank: 23rd of 1089)

Matthew Richardson 1:23:14 (Age group rank: 5th of 127, Gender rank: 21st of 591, Overall rank: 25th of 1089)

James Jalandoni 1:23:18 (Age group rank: 4th of 46, Gender rank: 22nd of 591, Overall rank: 26th of 1089)

Stephen Varney 1:23:53 (Age group rank: 6th of 127, Gender rank: 24th of 591, Overall rank: 28th of 1089)

Jeff Elkins 1:29:33 (Age group rank: 12th of 127, Gender rank: 38th of 591, Overall rank: 45th of 1089)

Jeff Duyn 1:32:15 (Age group rank: 1st of 51, Gender rank: 47th of 591, Overall rank: 54th of 1089)

Alex Booth 1:33:41 (Age group rank: 13th of 51, Gender rank: 54th of 591, Overall rank: 61st of 1089)

Liz Ozeki 1:34:24 (Age group rank: 5th of 75, Gender rank: 9th of 497, Overall rank: 68th of 1089)

Michelle Miller 1:34:30 (Age group rank: 2nd of 124, Gender rank: 10th of 497, Overall rank: 69th of 1089)

Bryan Rivera 1:34:31 (Age group rank: 15th of 62, Gender rank: 61st of 591, Overall rank: 71st of 1089)

Brian Murphy 1:35:02 (Age group rank: 22nd of 127, Gender rank: 68th of 591, Overall rank: 79th of 1089)

Monika Schneider 1:35:03 (Age group rank: 3rd of 124, Gender rank: 12th of 497, Overall rank: 80th of 1089)

Meg Ryan 1:39:55 (Age group rank: 6th of 124, Gender rank: 19th of 497, Overall rank: 121st of 1089)

Sarah Flynn 1:40:15 (Age group rank: 8th of 124, Gender rank: 22nd of 497, Overall rank: 126th of 1089)

Marty Horan 1:41:40 (Age group rank: 5th of 51, Gender rank: 113th of 591, Overall rank: 137th of 1089)

Bill Loomis 1:43:56 (Age group rank: 1st of 16, Gender rank: 132nd of 591, Overall rank: 162nd of 1089)

Mark Adams 1:44:22 (Age group rank: 6th of 51, Gender rank: 137th of 591, Overall rank: 169th of 1089)

Erin Kelman 1:44:48 (Age group rank: 17th of 86, Gender rank: 142nd of 591, Overall rank: 174th of 1089)

Exavier Watson 1:51:03 (Age group rank: 55th of 127, Gender rank: 194th of 591, Overall rank: 243rd of 1089)

Last Chance BQ.2 - Grand Rapids -- 2023-09-10

Paul Lovell 3:04:12.28 (Age group rank: 16th of 22, Gender rank: 22nd of 81, Overall rank: 23rd of 126)

Arlington Police, Fire & Sheriff 9/11 Memorial 5K Run -- 2023-09-09
Armand Silva 17:25 (Age group rank: 4th of 169, Gender rank: 7th of 739, Overall rank: 7th of 1444)

Vermont Bacon and Brew 4 Miler -- 2023-09-09
Cindy Conant 27:14.99 (Gender rank: 1st of 37, Overall rank: 5th of 79)

parkrun College Park -- 2023-09-09
Brian Murphy 22:28 (Gender rank: 18th of 113, Overall rank: 18th of 243)

parkrun Kensington -- 2023-09-09
Andrei Ridzel 18:46 (Gender rank: 1st of 42, Overall rank: 1st of 75)
Steven Moore 28:01 (Gender rank: 17th of 42, Overall rank: 19th of 75)

Ellicott City Labor Day 10K -- 2023-09-02
Andrei Ridzel 37:03.70 (Age group rank: 1st of 8, Gender rank: 3rd of 46, Overall rank: 3rd of 81)

Kentlands Lakelands 5K -- 2023-09-02
Nicolas Crouzier 15:28 (Age group rank: 1st of 47, Gender rank: 1st of 564, Overall rank: 1st of 1048)
Adrian Spencer 17:40 (Age group rank: 4th of 68, Gender rank: 11th of 564, Overall rank: 11th of 1048)
Jim Dahlem 17:41 (Age group rank: 1st of 72, Gender rank: 12th of 564, Overall rank: 12th of 1048)
Kevin Camp 17:49 (Age group rank: 4th of 47, Gender rank: 13th of 564, Overall rank: 13th of 1048)
Hasan Hobbs 17:59 (Age group rank: 2nd of 72, Gender rank: 14th of 564, Overall rank: 14th of 1048)
Brian Murphy 18:29 (Age group rank: 5th of 68, Gender rank: 20th of 564, Overall rank: 20th of 1048)
Gene Park 19:31 (Age group rank: 2nd of 35, Gender rank: 38th of 564, Overall rank: 39th of 1048)
Michelle Miller 19:37 (Age group rank: 1st of 72, Gender rank: 2nd of 494, Overall rank: 42nd of 1048)
Lisa Levin 20:44 (Age group rank: 1st of 42, Gender rank: 6th of 484, Overall rank: 57th of 1048)
Marty Horan 21:35 (Age group rank: 1st of 37, Gender rank: 66th of 564, Overall rank: 76th of 1048)
Mark Adams 21:46 (Age group rank: 3rd of 37, Gender rank: 70th of 564, Overall rank: 82nd of 1048)
Peter Bandettini 23:57 (Age group rank: 13th of 35, Gender rank: 123rd of 564, Overall rank: 146th of 1048)

Annapolis 10 Miler -- 2023-08-27
Colin Fishwick 1:00:11.37 (Age group rank: 1st of 140, Overall rank: 16th of 2268)
Jim Dahlem 1:05:16.25 (Age group rank: 3rd of 140, Overall rank: 37th of 2268)
Kevin Camp 1:06:20.67 (Age group rank: 8th of 121, Overall rank: 48th of 2268)
Brian Murphy 1:09:17.90 (Age group rank: 8th of 125, Overall rank: 73rd of 2268)
Liz Ozeki 1:10:25.11 (Age group rank: 4th of 124, Overall rank: 83rd of 2268)

Lisa Levin 1:11:03.43 (Age group rank: 1st of 161, Overall rank: 91st of 2268)
Bill Loomis 1:16:48.83 (Age group rank: 1st of 66, Overall rank: 158th of 2268)

Eastern County 8K -- 2023-08-27
Nicolas Crouzier 26:41.14 (Age group rank: 1st of 10, Gender rank: 1st of 90, Overall rank: 1st of 142)
Chris Moen 27:47.49 (Age group rank: 1st of 8, Gender rank: 2nd of 90, Overall rank: 2nd of 142)
Charlie Stern 27:52.88 (Age group rank: 1st of 11, Gender rank: 3rd of 90, Overall rank: 3rd of 142)
James Anderson 28:39.99 (Age group rank: 2nd of 10, Gender rank: 4th of 90, Overall rank: 4th of 142)
Andrei Ridzel 28:51.80 (Age group rank: 2nd of 8, Gender rank: 5th of 90, Overall rank: 5th of 142)
Ryan Johnson 29:31.05 (Age group rank: 3rd of 10, Gender rank: 6th of 90, Overall rank: 6th of 142)
Cameron Nasseri 29:33.66 (Age group rank: 1st of 2, Gender rank: 7th of 90, Overall rank: 7th of 142)
David Storper 29:54.52 (Age group rank: 1st of 11, Gender rank: 8th of 90, Overall rank: 8th of 142)
Rachel Cluett 30:17.30 (Age group rank: 1st of 4, Gender rank: 1st of 52, Overall rank: 9th of 142)
Kristin Lemos 31:21.21 (Age group rank: 1st of 8, Gender rank: 2nd of 52, Overall rank: 11th of 142)
Jeff Elkins 31:25.90 (Age group rank: 3rd of 11, Gender rank: 10th of 90, Overall rank: 12th of 142)
Erin Kelman 31:55.47 (Age group rank: 1st of 8, Gender rank: 11th of 90, Overall rank: 13th of 142)
Meg Ryan 32:32.97 (Age group rank: 2nd of 8, Gender rank: 3rd of 52, Overall rank: 15th of 142)
Michelle Miller 33:58.48 (Age group rank: 3rd of 8, Gender rank: 4th of 52, Overall rank: 19th of 142)
Robert Palmer 34:25.99 (Age group rank: 2nd of 8, Gender rank: 18th of 90, Overall rank: 23rd of 142)
Monika Schneider 35:46.09 (Age group rank: 5th of 8, Gender rank: 7th of 52, Overall rank: 28th of 142)
Marty Horan 36:06.34 (Age group rank: 2nd of 12, Gender rank: 24th of 90, Overall rank: 31st of 142)
Mark Adams 37:18.02 (Age group rank: 3rd of 12, Gender rank: 29th of 90, Overall rank: 37th of 142)

parkrun Kensington -- 2023-08-26
Andrei Ridzel 18:46 (Gender rank: 1st of 45, Overall rank: 1st of 81)
Bill McNary 21:11 (Gender rank: 4th of 45, Overall rank: 4th of 81)
Liz Ozeki 26:41 (Gender rank: 1st of 35, Overall rank: 17th of 81)
Steven Moore 27:46 (Gender rank: 19th of 45, Overall rank: 21st of 81)

Tracksmith Twilight 5000 DC #2 -- 2023-08-25
Kevin Camp 17:48.86 (Overall rank: 25th of 235)
Brian Murphy 18:12.55 (Overall rank: 45th of 235)
Mark Neff 18:13.22 (Overall rank: 47th of 235)
Alex Booth 18:42.22 (Overall rank: 63rd of 235)
Liz Ozeki 19:15.25 (Overall rank: 86th of 235)

Monika Schneider 20:35.70 (Overall rank: 123rd of 235)

Falmouth Road Race -- 2023-08-20

Rachel Cluett 41:40 (Age group rank: 3rd of 564, Gender rank: 27th of 5042, Overall rank: 138th of 9199)

Cindy Conant 48:17 (Age group rank: 1st of 222, Gender rank: 84th of 5042, Overall rank: 405th of 9199)

Mark Adams 52:22 (Age group rank: 12th of 294, Gender rank: 535th of 3999, Overall rank: 711th of 9199)

parkrun College Park -- 2023-08-19

Jim Dahlem 17:32 (Gender rank: 2nd of 94, Overall rank: 2nd of 192)

parkrun Kensington -- 2023-08-19

Andrei Ridzel 17:03 (Gender rank: 1st of 46, Overall rank: 1st of 82)

Ian Morgan 17:21 (Gender rank: 2nd of 46, Overall rank: 2nd of 82)

Matthew Richardson 17:37 (Gender rank: 3rd of 46, Overall rank: 3rd of 82)

Cameron Nasseri 18:28 (Gender rank: 4th of 46, Overall rank: 4th of 82)

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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.

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!

Be sure to "like us" on **Facebook** & follow us on **Twitter** and **Instagram** to keep up on all the latest club news!