Montgomery County Road Runners Club

Ins & Outs - May 21, 2021

"We Are Running in Montgomery County"

Dear Members -

Montgomery County is officially in Phase 2 with the gathering limitation up to 250 people indoors with no limit outdoors. Effective May 28th at 6 AM, the county will move to Phase 3 and the Board of Health Regulation will no longer be in effect. Montgomery County will then defer to the State of Maryland. With this, we are seeing outdoor mask mandates being lifted, as well as some indoor locations as well.

As it applies to race...   As stated in our last newsletter, it is important to understand that we must tailor our race permit applications to the **current county guidelines** at the **time of application** -- *not* the time of the race. We find ourselves in somewhat of a confusing timewarp with races that have already been planned before these mandates were changed. Anyone who is running Run Aware this weekend will experience tighter restrictions than are happening elsewhere in the county. The same will apply to Run for Roses and somewhat at Little Bennett XC. We have a good plan to begin bringing back the features you all know & love, little by little, as we move through the summer, and hopefully into a more "normal" racing season by the fall. While some restrictions are moving away, some are very much here to stay for the time being, such as social distancing. Please remember that **we are expected to comply with our permits at all times.** So again, we ask you to pay attention to the race webpages and the runner instructions we're sending before each MCRRC race, especially while we navigate the next month or so of races already on the schedule.

Congratulations to RD Danny Talmage & to everyone who worked so hard to pull off the Germantown 5 Miler last weekend -- we are grateful to all of the volunteers and to everyone who came out to run!

As you know, vaccination is the most effective way to protect yourself and do your part to keep us moving forward. We encourage all of you to take the opportunity to get vaccinated. For more information about the safe and effective vaccines, please see the state's [COVID Vaccinatino FAQ's](#). To read MCRRC's most up to date COVID-19 Policy, please visit [our website](#). (And hey - I read last night that all who are vaccinated are being entered into a special $2M state lottery... so it could literally pay to become vaccinated!)

In advance, I want to wish all members & their families a wonderful Memorial Day weekend. Please stay safe, be responsible & we'll see you on the other side!

Ashley Zuraf

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Executive Director

Member Spotlight: ALEX BOOTH

Self-Motivated, But Never Alone

Like many of us, Alex Booth fell into running through other sports. After failing to make the soccer team during his Freshman year in high school due to not making the 2-mile cut-off time, he turned to running cross-country to get in better shape. From there, he was hooked. His problem-solving and self-motivated nature defines his approach to running today. He enjoys setting personal goals, developing his own training plans, and seeing what works for him. But being a member of MCRRC has also supported those goals and helped him appreciate the community aspect of running. From Alex's responses to the questions below, we found that during his most memorable experiences, he was never alone. Alex works as a Technical Project Manager and enjoys using his running fitness to explore near his home in Bethesda and future dreams of Iceland.

Other than running, what are your talents and/or hobbies?
Hiking, Travel, Reading Science Fiction, Very Amateur Photography

What motivates you to run?
I'm motivated most by being in shape for consistent, high level training. I race fairly often, but for me it's secondary to feeling healthy and in shape. I also love exploring new places, both near home and when traveling. Being in great running shape opens up a lot of options!

What do you enjoy most about being a part of MCRRC?
I really enjoy the community aspect of the club. I've had great experiences and met some really awesome people through the XMP program, the Wednesday night track workouts, the Sunday Ken-Gar runs, Pub Runs, and the low key race series. I typically like to train alone, but becoming more active in the club has given me a new appreciation for the community aspect of running.

What is your favorite MCRRC Training Program?
XMP is my favorite. It's a great mix of serious training and a really supportive group atmosphere. XMP helped me get over the hump at the marathon distance and led to a 33 minute PR for me at the 2018 Richmond Marathon.

What is your favorite MCRRC Low-Key race?
My all time favorite MCRRC Low-Key race is the Comus XC race (please bring it back sometime Monika!). Since I first picked up running by joining the cross country team, that sport has always held a special place in my heart. I always loved this course for it's variety of traditional cross country elements (grass, trail, stream crossings, and hills). My favorite active race is definitely

Cross Country on the Farm since it's a true, fair cross country course.

What is your favorite volunteer position?
Course marshal is by far my favorite volunteer position. It's so inspiring to see runners out on the course, working hard to achieve their personal goals. Being a course marshal always makes me jealous of those participating in the race!

Who is your favorite coach, mentor or source of inspiration?
I've always been more motivated by my own personal goals than a specific coach or another individual. I love creating training plans for myself and trying new training strategies, which keeps me motivated and provides variety as I learn more or decide to try something new.

What was your best race experience?
My best race experience was at the 2018 Richmond Marathon. I had a great season training with XMP and was shooting for a specific time goal. It was a really fun environment with a lot of familiar faces; I started the race with two of my closest training partners (Brian Murphy and Roman Gurule). Just as rewarding as a big PR was running most of the race on my own, sticking to my plan, and accomplishing my goal with plenty of room to spare.

What was your worst race experience?
My first half marathon (Parks in 2010) was a rough one. I had never run a race longer than 10k, and had never taken a gel before (this is when I learned the valuable lesson to never try something new on race day). I started way too fast and by mile 8 I was vomiting on the side of the trail and taking lots of walk breaks.

What's the hardest race you've ever run?
The hardest race I've ever run was at the Pocono Marathon in 2015. It was 65 and humid at the start and reached 80 by the time I finished. I don't race well in humid weather, so I started slower than I had planned to compensate. Unfortunately, my approach wasn't conservative enough, and I was walking at mile 14. My wife was at mile 15 and I stopped when I saw her and said I wanted to drop out since my time goal for the race was out of reach. She convinced me to keep going, and what came next was the longest 11.2 miles of my life, but I eventually managed to finish!

How do you reward yourself after a hard workout?
My recent go to after a long run has been Kung Pao Tofu from Jumbo Jumbo in Rockville. That being said, I'm really missing the post-Wednesday track workout tradition of getting together Giuseppi's in Rockville for pizza and beer.

What is your favorite running spot in Montgomery County?
Starting at Violette's Lock on the C&O Canal going in either direction never gets old for me. I'm also a huge fan of the Ten Mile Creek Trail in Germantown.

What running goal(s) do you have?
I'd love to continue improving my PRs from 5k up through the marathon (I'd say even shorter but I don't think my mile PR is still within reach at my age). I'd also like to continue traveling and running in iconic places. Two bucket list items for me are running R2R2R (rim to rim to rim) at the Grand Canyon and competing at the Laugavegur Ultra Marathon in Iceland.

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MCRRC Would Like to Spotlight Our Members! *All of our members have a story about their running journey and what motivates them to run. We would like to spotlight your story or the story of another great member you know using MCRRC's various communications platforms. Our vision is to celebrate the diverse stories and voices of our membership (race, national origin, religion, sexual orientation, gender identity, ability, etc.).*

To submit your story, go to the form MCRRC Member Spotlight.

Upcoming Races & Race News

May 23rd - **Run Aware XC** - For more information or to register, please visit our website. *There are still spots to run this weekend!*

June 1st - **Registration opens** for the **Parks Half Marathon!** For more information, please see our new website! *(please note that race details are still being worked out & we'll continue to update the website as plans unfold).*

June 5th - **Little Bennett XC** - For more information, please visit the race website. *Registration will open early next week!*

June 19th - **Run for Roses** (women only!) - For more information, please check out our new website! *Registratation will open early next week!*

Cadence

The Beat from MCRRC's Inclusion and Equity Committee

Land Acknowledgement

We recognize the indigenous and formerly enslaved peoples who were displaced from or trafficked to this land. In addition, we acknowledge the land on which we run by showing our gratitude and respect for the trails and roads.- MCRRC Values Statement #6

It seems appropriate that our gradual emergence from pandemic restrictions aligns with the emergence of our friendly Brood X cicadas. Like an awakening, more of us are out, slightly less encumbered, and gathering. Perhaps while we run it brings new appreciation for the friends we haven't seen, the conversations we have missed, and yes, even the cicada crescendo.

With fresh mindfulness to ground our emergence into what is familiar and new, we bring to your attention the MCRRC Values Statement on land acknowledgement. How often have we taken time to think about the land we run on every day - its history of ownership, migration, trafficking, conflict, and progress? Below, we provide a few resources to promote respect for the lands we run on. We also know many of you are knowledgeable experts on Montgomery County history and we welcome any related resources you can share. Please email us at diversity@mcrrc.org.

Land Acknowledgements and How We Relate to the Trails We Run (Trail Runner Magazine, September 21, 2020).
Land acknowledgements are relevant to both paved and natural trails. This article describes how land acknowledgements can enhance our runs by connecting to the land and its communities.

Native Land (online app)
This online application allows you to enter in your location and helps identify its native land history. According to its mission, "We strive to map Indigenous lands in a way that changes, challenges, and improves the way people see the history of their countries and peoples. We hope to strengthen the spiritual bonds that people have with the land, its people, and its meaning."

How to Make a Land Acknowledgement (DuwamishTribe.org, accessed May 21, 2021)
If as a runner, program director, race director, or coach, you would like to make a land acknowledgement for your runs, this resource provides an example for how to write one. A land acknowledgement is an old, cultural practice by indigenous communities, but for non-indigenous communities, it is "a powerful way of showing respect and honoring the Indigenous Peoples of the land on which we work and live."

(wusa9.com, February 21, 2021)
This news feature describes HB-1099 that sets a framework that would restore, preserve and protect historical African American cemeteries within the state of Maryland. The Bethesda African Cemetery Coalition (BACC) has been fighting to protect an historic African-African-American burial ground that dates back to slavery and post-emancipation on River Road, which many of us run past regularly on the CCT.

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As our numbers have grown, we realize that there is much work still to be done within the club. If you are interested in contributing to the club's only member-driven committee, please contact diversity@mcrrc.org.

Competitive Racing Team Results

By: Nicolas Crouzier

Tobacco Road Half Marathon -- 2021-05-16
Christopher Phillips-Hart 1:09:43.72 (Age group rank: 2nd of 41, Gender rank: 5th of 499, Overall rank: 5th of 970)
Chad Phillips-Hart 1:12:25.65 (Age group rank: 3rd of 41, Gender rank: 7th of 499, Overall rank: 7th of 979)

York Marathon -- 2021-05-16
Erica Singleton 3:10:55.50 (Age group rank: 2nd of 20, Gender rank: 4th of 126, Overall rank: 37th of 373)

Germantown 5 Miler -- 2021-05-15
Taylor Williamson 31:02 (Age group rank: 1st of 13, Gender rank: 10th of 97, Overall rank: 11th of 173)
Robert Palmer 33:02 (Age group rank: 4th of 13, Gender rank: 15th of 97, Overall rank: 16th of 173)
Erin Kelman 33:08 (Age group rank: 5th of 13, Gender rank: 16th of 97, Overall rank: 17th of 173)
Bill Loomis 38:48 (Age group rank: 3rd of 6, Gender rank: 41st of 97, Overall rank: 43rd of 173)
Mark Adams 38:51 (Age group rank: 1st of 8, Gender rank: 42nd of 97, Overall rank: 44th of 173)

SwimRun Maryland -- 2021-05-08
Erin Kelman 4:00:33 (Gender rank: 3rd of 10, Overall rank: 3rd of 17)

Farm Park Challenge 3 hours -- 2021-05-01
Mark Neff 3:00:00
David Storper 3:00:00

C&O 100 -- 2021-04-24
Adrian Spencer 15:39:38 (Age group rank: 3rd of 25, Gender rank: 4th of 71, Overall rank: 4th of 90)

Stay Informed!

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