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From: Montgomery County Road Runners Club

Subject: Ins and Outs - Friday, November 6, 2015



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Montgomery County Road Runners

Friday, November 6, 2015

Ins and Outs



Hi Runner:

Hope everyone is holding up through fall racing season and that all your races are fast and/or fun. There's a ton of pixels in this week's email, so hold on to your hat.

Our top story: the solution to our track needs (for now). On Tuesday evenings we will use Gaithersburg High School for the Winter 5K and the Advanced Marathon Training programs and Rockville High School for Speed Development. On Wednesday the Winter HM program will meet at Rockville High School.

[Winter training programs](#) (all five of 'em) are open for business and ready for offers.

Tom Temin is still in need for quite a few volunteers for the Candy Cane City 5K this Sunday. For more information or to signup, please [click here](#).

Finally, [some good advice](#) now that there's more running taking place in the dark. Be safe -- be seen.

Best,
I&O
ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

[Candy Cane City 5K](#)

November 8 @ 8:00 am - 9:00 am

[8300 Meadowbrook Lane, Chevy Chase, MD](#)



[Stone Mill 50 Mile](#)