



Montgomery County Road Runners

Friday, January 22, 2016

Ins and Outs



Hi Runner:

There are four mission-critical pieces of MCRRC business for you to think about and plan for between shoveling/cross-training sessions this weekend:

1. The club will hold our [Annual Meeting & Awards Banquet](#) following the Piece of Cake race on March 20th from 10:00 am - 11:30 am. After the race, make your way over to the Golden Bull Restaurant in the Grande Ballroom (7 Dalamar Street, Gaithersburg, MD) for a hot breakfast, birthday cake, Board of Directors elections, awards ceremony, prizes & more! This event is free to our club members, but please [RSVP here](#) so that we can get a head count.
2. The Nominating Committee is in search of a member with accounting and/or financial expertise who is interested in a 2-year volunteer position as Treasurer to serve on the member MCRRC Board of Directors. If you or someone you know would be interested in being nominated for the position of MCRRC Treasurer, please send the name and contact information of the candidate as well as any information on why you or a particular candidate would make a good nominee for the Board of Directors to nominating@mcrcc.org. Learn more about the position [here](#).
3. It's time to identify our best volunteers for 2015. If you would like to suggest a stellar MCRRC member who should be considered as the 2015 Volunteer of the Year, please e-mail Christina Caravoulas at clcruns@yahoo.com. Be sure to include as much detail as possible on their specific volunteering efforts with your submission to help the Committee with the selection process.
4. [The Best of Washington Running 2016 voting is now open](#). Exercise your best judgment, but don't forget about MCRRC's best when you vote: Parks Half Marathon (and its great shirt), Cross Country on the Farm, and of course, Stone Mill 50.

Best,
I&O
ins_and_outs@mcrcc.org

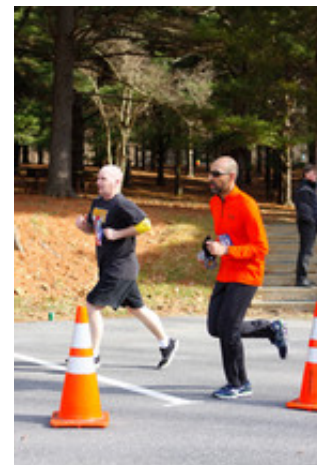
Upcoming Races and Volunteer Ops

[Country Road Run](#)

January 31 @ 8:00 am - 10:00 am
[Olney Swim Center](#), 16601 Georgia Avenue
Olney, MD + [Google Map](#)

Come out and run the scenic hills of Olney. 8:00AM 5mi race - course map (CS) 8:05AM 1mi Fun Run (YS).

[Click here to volunteer.](#)



[Seneca Creek Trail Marathon and 50K](#)

March 5 @ 8:00 am - 6:00 pm
[Seneca Creek State Park](#), 11950 Clopper Road
Gaithersburg, MD + [Google Map](#)

A low-key, low-priced, and fun filled event along the beautiful Seneca Creek Greenway Trail and parallel trails.

[Click here to volunteer.](#)

Piece of Cake

March 20 @ 7:45 am - 10:30 am

Join us in celebrating MCRRC's birthday with a run through scenic Seneca Creek State Park. [Check website](#) for times.

[Click here to volunteer.](#)

Get Trained



The next stride clinic is scheduled for February 9. More information [available here](#).

Race results

MCRRC Competitive Racing Team Results

courtesy of Nicolas Cruzier.

Walt Disney World Marathon -- 2016-01-10

Kyle Broadway 3:29:55 (Age group rank: 30th of 1091, Gender rank: 198th of 9523, Overall rank: 232nd of 19838)
Lisa Reichmann 3:50:03 (Age group rank: 20th of 1557, Gender rank: 143rd of 10315, Overall rank: 711th of 19838)

Walt Disney World Half Marathon -- 2016-01-09

Kyle Broadway 1:32:04 (Age group rank: 16th of 912, Gender rank: 103rd of 9194, Overall rank: 117th of 21497)
Lisa Reichmann 1:36:36 (Age group rank: 4th of 1751, Gender rank: 34th of 12303)

Walt Disney World 10K -- 2016-01-08

Kyle Broadway 42:08 (Age group rank: 8th of 420, Gender rank: 62nd of 4721, Overall rank: 69th of 11001)
Lisa Reichmann 43:43 (Age group rank: 1st of 964, Gender rank: 13th of 6280, Overall rank: 116th of 11001)

Walt Disney World 5K -- 2016-01-07

Kyle Broadway 20:49
Lisa Reichmann 22:15

[See all results from the MCRRC racing team at \[raceteam.mcrrc.org\]\(http://raceteam.mcrrc.org\)](#)

Weekly Workouts

There are runs available for everyone - from walkers to ultrarunners...

A calendar for all runs is available [here](#).

Monday PM at Kentlands
Tuesday/Thursday Easy Runs
Tuesday/Friday Back of the Pack
Tuesday/Saturday Run/Walk (FRWW)
Wednesday Track Workout
Thursday Morning Falls Grove Run
Thursday PM Carderock C&O Canal and Trail Run (April through September)
Saturday Trail Run - Rock Creek
Sunday Trail Run - Greenway
Sunday Long Run - Ken Gar Palisades Park

For exact details on times and locations, please consult each run's page on mcrrc.org since details are subject to regular changes (often based on weather or time of year). Yahoo groups for each run are particularly helpful in keeping track of when, where, etc.

Oyez! (misc. notes)

News We Can Use?

Please let us know about club news that you'd like to share with the membership -- whether you are a program director, race director, club officer, or just a member with something newsworthy. Email

us at ins_and_outs@mcrrc.org

News roundup:

An oldie but goodie, and highly relevant this weekend. [How Real Runners Train on Treadmills](#), from the Dec. 13, 2011 Running Times.

Social media:

Make sure to [follow Seneca Creek Greenway 50K and Marathon](#) and [Pike's Peek 10K on Facebook!](#)

The Ins and Outs newsletter is sent to members of the Montgomery County Road Runners Club (MCRRC) every other Friday. If you have a question or comment about the newsletter or you wish to contribute, please send it to ins_and_outs@mcrrc.org.

Eric London, Editor

Get social with us!

