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## Montgomery County Road Runners

Friday, June 10, 2016

### Ins and Outs



Hi Runner:

We hope you enjoyed the last bit of spring this past week. Get ready for some serious [heat acclimation](#).

[Run for Roses 5K](#) --- as always, for women only --- is next week **Saturday June 18, 2016 at 8 a.m. at Wheaton Regional Park**. This race is part of the MD RRCA Women's Distance Festival series now in its 27th year. Men, sign up to volunteer and cheer for your favorite ladies and get a coveted volunteer T-shirt! See [the race website](#) to sign up or volunteer (there are still many volunteer positions open for you!)

And [Suds & Soles 5K](#) is two weeks away. RD Karen Kincer would love for you to run or volunteer on **Saturday, June 25th**. [Registration](#) for the 5K is \$40. Signup and volunteer info is available [at the website](#).

Then, onto some fun [XC at Little Bennett Park](#) and [Midsummer mile-ing on the track at Rockville HS](#) in early July as a warm up for the hilly, hot and humid [Riley's Rumble Half and 8K](#).

Best,  
I&O  
[ins\\_and\\_outs@mcrrc.org](mailto:ins_and_outs@mcrrc.org)

### Upcoming Races and Volunteer Ops

#### [Run for Roses \(5K\)](#)

June 18 @ 8:00 am - 10:00 am

Wheaton Regional Park, 2000 Shorefield Rd

Wheaton, MD 20902 + [Google Map](#)

## [Suds & Soles 5K](#)

June 25 @ 7:00 pm - 9:00 pm  
Rockville Town Square, 30 Maryland Ave  
Rockville, MD 20850 + [Google Map](#)

## [Little Bennett XC](#)

July 3 @ 7:30 am - 10:00 am  
Little Bennett Park, 25900 Prescott Road  
Clarksburg, MD 20871 + [Google Map](#)

## [Midsummer Nights Mile](#)

July 8 @ 7:30 pm - 9:00 pm  
Rockville High School, 2100 Baltimore Rd  
Rockville, MD 20851 + [Google Map](#)



## Get Trained

Information on summer training programs currently underway is [available at the MCRRC website](#).

## Race results

### MCRRC Competitive Racing Team Results

courtesy of Nicolas Cruzier.

#### **Bel Air Town 5K Run -- 2016-06-05**

Chris Shaw 16:09.20 (Age group rank: 1st of 53, Gender rank: *2nd of 511*, Overall rank: 2nd of 1037)

#### **Rehoboth 5K -- 2016-06-05**

Cindy Conant 19:57 (Gender rank: 1st of 72, Overall rank: 9th of 152)

#### **Teanaway Run 5K -- 2016-06-05**

Michelle Miller 25:54.50 (Gender rank: 1st of 24, Overall rank: 2nd of 37)

#### **Baltimore 10 Miler -- 2016-06-04**

Kunihiko Hayashi 57:43 (Age group rank: 1st of 259, Gender rank: 4th of 1749, Overall rank: 4th of 4200)

#### **Race 4 Respect -- 2016-06-04**

Julie Sapper 20:57 (Age group rank: 1st of 81, Gender rank: *2nd of 338*, Overall rank: 14th of 542)

#### **Alexandria Running Festival Half Marathon -- 2016-05-31**

Kunihiko Hayashi 1:19:21 (Age group rank: 2nd of 72, Gender rank: *2nd of 312*, Overall rank: 2nd of 706)

#### **Jeremy's Run 10K -- 2016-05-30**

Lisa Reichmann 43:02 (Age group rank: 1st of 31, Gender rank: 2nd of 93, Overall rank: 7th of 187)

### **Memorial 4 Mile – 2016-05-30**

Nicolas Crouzier 21:11 (Age group rank: 1st of 10, Gender rank: 1st of 167, Overall rank: 1st of 323)

Chris Shaw 21:21 (Age group rank: 1st of 20, Gender rank: 2nd of 167, Overall rank: 2nd of 323)

Mark Neff 23:15 (Age group rank: 1st of 19, Gender rank: 6th of 167, Overall rank: 6th of 323)

Adrian Spencer 23:27 (Age group rank: 2nd of 10, Gender rank: 7th of 167, Overall rank: 7th of 323)

David Storper 23:49 (Age group rank: 2nd of 20, Gender rank: 9th of 167, Overall rank: 9th of 323)

Sarah Flynn 27:57 (Age group rank: 2nd of 21, Gender rank: 5th of 154, Overall rank: 43rd of 323)

### **Masser 5 Miler – 2016-05-29**

Cindy Conant 33:19 (Age group rank: 1st of 11, Gender rank: 1st of 143, Overall rank: 14th of 268)

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

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## **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](http://mcrrc.org) since details are subject to regular changes (often based on weather and time of year). Yahoo groups for each run are particularly helpful in keeping track of when, where, etc.

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## **Oyez! (misc. notes)**

### **Club News**

**Fun run:** Thanks to Cee-Cee Swalling for organizing a super fun Suds & Soles happy hour at 7 Locks Brewery on June 2. Stay tuned for more events on [mcrrcsudsandssoles.org](http://mcrrcsudsandssoles.org)

### **MCRRC race results:**

[Memorial Day 4 Mile](#)

**Board meetings** take place the second Thursday of every month at the MCRRC clubhouse, and minutes of these meetings are available

on the [MCRRC website](#).

**Race report** from the Baltimore 10 Miler from John Kehne: "Happy to report I ran the Baltimore 10 Miler last Saturday and finished 4th of 112 in my division (M 60-98!) with a time of 1:21:04. The race ended with a long hill climb to Druid Hill Park. Humid and warm but the overcast sky was a relief and it was lucky to get the race in before the rain returned. Big crowd of >4500."

*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](mailto:ins_and_outs@mcrrc.org)*

## Running News Roundup:

Good news for Hoka ONE ONE fans: [Ultra-fat, super-cushioned shoes don't make it harder to run.](#)

Face it: you're going to run slower in the heat. [This calculator](#) will help you figure out how much slower.

## Social:

Make sure to follow [Suds & Soles 5K](#) and [Rockville 10K/5K](#) on Facebook!

[Follow MCRRC on Instagram](#). Catch the best of the best of running photography in the MD/DC/VA area! (We love our mcrrcphotos.com photographers!)

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](mailto:ins_and_outs@mcrrc.org).

Eric London, Editor

Get social with us!



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