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Montgomery County Road Runners

Friday, August 19, 2016

Ins and Outs

Hi Runner:



The old [Eastern County 8K](#) course is back - the race is **tomorrow, Saturday August 20th at 7:30 a.m.** The new bridge is in and looking great, WSSC had touched up their pipes and the stream banks have been restored. All this means the Paint Branch trail is looking good for running again. We are in need of a few more race day volunteers so please sign up online. And don't forget to wear your school spirit!

Please join the MCRRC board and staff for a [volunteer appreciation fall festival](#) on **Sunday, October 2nd from 12-5 pm** at **High Point Farm**, 23730 N. Frederick Rd, Clarksburg. Bring the whole family for a fun afternoon featuring a BBQ, hayride, moonbounce and more. This event is free for our valued volunteers, [but please RSVP online here](#) (www.imathlete.com/events/2016FALLFEST) so we can ensure enough food and drink to go around!

Are you interested in becoming a race director? It's time for new blood and we need you to donate! There are two **Race Directing 101 sessions** coming up where you can get started - **Monday September 12th and Monday September 26th** at the [MCRRC Clubhouse](#). Additional info is available below under "Get Trained" - contact [Ashley at office@mcrrc.org](mailto:Ashley@mcrrc.org) to sign up or to find out more.

Attention [Stone Mill 50](#) ultra-friends and lovers: registration for the 2016 race is open! The 2016 race will be held on **November 12th** and is an RRCA Regional Championship race. The field will once again be limited and we are expecting another sellout year, so don't delay. For MCRRC members only, we are offering a special \$5 discount! Use the code STONE16MCRRC to receive the discount. This code will only be good through August 31st. For more information or to

register, please visit our website at <http://www.stone-mill-50-mile.org/>

Do you work for a company or organization that would like to reach over 2,000 runners, plus hundreds of spectators and volunteers at the **Parks Half Marathon**? Sponsorship opportunities are available that provide visibility before, during and after race day. Support for this popular race, which has been voted Best Half Marathon by RunWashington Magazine, allows local organizations to show their support for health and fitness. More information is available at <http://parkshalfmarathon.com/sponsors/> or email parkshalfsponsorship@gmail.com.

Finally, the **Parks Half Marathon** requires a large group of volunteers with either medical training or CPR, First Aid each year. The race is September 11th. There are volunteer positions on the course and at the finish. If you are a nurse, PA, MD, NP, EMT, Paramedic, Physical Therapist or if you have CPR and First Aid Training we can use your help.

If you can help please sign up at: <http://www.parkshalfmarathon.com> using the volunteer link. If you have any questions please email [Debbie Shulman](mailto:Debbie.Shulman).

Best,
I&O
ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

[Eastern County 8K and Fun Run](#)

August 20 @ 7:30 am - 8:30 am
Martin Luther King Park, 1102 Jackson Road
Silver Spring, MD 20904 + [Google Map](#)



Get Trained

[10K Program](#)

Have you completed a 5K and looking for a new challenge? Need the structure of a program to keep you running? Want to run a better or faster 10K? Whatever the reason, come join the 2016 10K program to improve your endurance, have fun, run from many different venues and enjoy time on your feet with supportive friends. The program starts on **August 23rd** with training sessions building up gradually to prepare for goal race--the Rockville 10K (November 6th). For complete details [click here](#).

[5K Run/Walk Program](#)

The 5K Run/Walk Training Program caters to a broad range of



interests. Whether you want to walk your way to improved health and fitness, begin running or have other running goals, this program will address your objectives! The program starts **August 23rd**; the target race is the Rockville 5K (November 6th). For details [click here](#).

Race Director Course

Have a bum knee and are missing your friends? Enjoy hanging out at races, but are tired of handing out popsicles? Do you want to go behind the scenes and learn what goes into planning & directing one of our races? Well, we've got an opportunity for you!

Come and learn everything there is to know about being a race director (or at least everything we can think to tell you in 90 minutes or less) in one of our fall Race Directing 101 sessions. The first session will be held on **Monday, September 12th** and the second will be held on **Monday, September 26th**, at the [MCRRC Clubhouse](#). We will cover race planning, timelines, course development, permitting, finding volunteers, course marking & safety.

It's time for a new cohort of race directors & you should be part of that group. So come & see what it's all about. If you like what you hear, we'll pair you up with one of our current race directors for some hands on training at a real low-key race.

To get on the list for a session, please contact [Ashley at office@mcrrc.org](mailto:Ashley@mcrrc.org) with your name, e-mail address & which session you would like to attend. You will receive a confirmation & details closer to the session. We hope to see you there!

Stride Clinic

Upcoming clinics will take place on **September 10, October 1, November 5, and December 3**. [Learn more about improving your stride and your running performance here](#).

CPR/AED/First Aid

Upcoming clinics will be held on **August 7th** and based upon interest, **September 17, October 1, November 5, and December 3**. Everyone must register on imATHLETE (see link below) and will receive a confirmation email with further instructions the Friday before the class. Signup here: <http://www.imathlete.com/events/EventOverview.aspx?fEID=26702&fQuery=&z=1454004984357>

If you have trouble with the link, try visiting www.imathlete.com & typing "MCRRC 2016 CPR" in the search box. Should you have any questions, please contact racessupport@mcrrc.org

Race results

MCRRC Competitive Racing Team Results

courtesy of Nicolas Crouzier.

Rock Hall Half Marathon -- 2016-08-14

Cindy Conant 1:29:19 (Age group rank: 1st of 20, Gender rank: 3rd of 723, Overall rank: 16th of 1149)

Comus Run Cross Country -- 2016-08-13

Nicolas Crouzier 18:00 (Age group rank: 1st of 5, Gender rank: 1st of 68, Overall rank: **1st of 100**)

Chris Shaw 18:42 (Age group rank: 1st of 6, Gender rank: 2nd of 68, Overall rank: **2nd of 100**)

Yukun Fung 22:56 (Age group rank: 3rd of 7, Gender rank: 11th of 68, Overall rank: 12th of 100)

Cross Country Summer Series 5K -- 2016-08-10

Michelle Miller 18:37 (Age group rank: 1st, Gender rank: **1st of 32**, Overall rank: 3rd of 60)

Sea Girt 5K -- 2016-08-06

Chris Shaw 16:15 (Age group rank: 1st of 54, Gender rank: 3rd of 747, Overall rank: **3rd of 1509**)

Going Green Track Meet 1 Mile -- 2016-08-05

Kunihiko Hayashi 5:04.70 (Age group rank: 1st of 4, Gender rank: 2nd of 34, Overall rank: 2nd of 44)

Taylor Williamson 5:16.90 (Age group rank: 2nd of 2, Gender rank: 4th of 34, Overall rank: 4th of 44)

Going Green Track Meet 2 miles -- 2016-08-05

Mark Neff 11:00 (Age group rank: 1st of 9, Gender rank: 4th of 81, Overall rank: 4th of 125)

Taylor Williamson 11:07.10 (Age group rank: 3rd of 7, Gender rank: 6th of 81, Overall rank: 6th of 125)

David Haaga 11:35.20 (Age group rank: 1st of 5, Gender rank: 8th of 81, Overall rank: 8th of 125)

Adrian Spencer 11:38.80 (Age group rank: 5th of 7, Gender rank: 12th of 81, Overall rank: 12th of 125)

Kevin Yates 12:00.50 (Age group rank: 2nd of 6, Gender rank: 18th of 81, Overall rank: 18th of 125)

Cindy Conant 12:16.10 (Age group rank: 1st of 2, Gender rank: 2nd of 44, Overall rank: 23rd of 125)

Sarah Flynn 12:35.90 (Age group rank: 1st of 5, Gender rank: 3rd of 44, Overall rank: 28th of 125)

Yukun Fung 12:43.40 (Age group rank: 5th of 7, Gender rank: 26th of 81, Overall rank: 29th of 125)

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

Weekly Workouts

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

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

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 and time of year). Yahoo groups for each run are particularly helpful in keeping track of when, where, etc.

Oyez! (misc. notes)

Club News

MCRRC race results:

[Comus 5K Run](#)

[Going Green - 2 Mile](#)

[Going Green - 1 Mile](#)

[Going Green - 4x400 Relay](#)

Stroller Squad

Whether you're the parent of a little one, a caregiver or a grandparent watching the kids for mom & dad, we understand the struggle of keeping the kids entertained while getting in your own workouts!

In order to help, MCRRC has created a new Facebook group called the [Stroller Squad](#):

<https://www.facebook.com/groups/MCRRCstrollersquad>

This group is open to ANYONE looking for people to connect with while walking/running with strollers in tow!

RRCA "Roadies" Wanted

The Road Runners Club of America (RRCA) is looking for some enthusiastic runners to be "Roadies" and be an ambassador for the RRCA. In case you never heard of the RRCA, it is the the national "parent" body of most running clubs and events in the country. If you are a member of MCRRC, you are a member of RRCA.

Being a Roadie is not hard. It means wearing Roadie clothing at running events and posting on social media. [Click here for more information](#).

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

Running News Roundup:

Key running events at Rio:

Today

8:40 PM: Women's 5000 meters

Saturday

8:00 PM: Men's 1500 meters

8:30 PM: Men's 5000 meters

Sunday

8:30 AM: Men's marathon

Social:

Follow the [Park's Half Marathon Facebook page](#).

Also: make sure to follow [Rockville 10K/5K](#) on Facebook!

[Follow MCRRC on Instagram](#). Catch the best of the best of running photography in the MD/DC/VA area curated from [mcrrcphotos.com](#)! (Photo credits for this week's email: Dan and Alex Reichmann)

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!



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