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## Montgomery County Road Runners

Friday, August 5, 2016

### Ins and Outs



Hi Runner:

There's a lot of news in this email, so make sure to read all the way down to the end!

We hope to see you at the [Going Green Track Meet](#) tonight - **Friday August 5th - starting at 6:45 p.m.** for relays, one and two-mile races plus kids young runs. The meet has been relocated from to **Rockville High School** track due to a scheduling issue - please [check the webpage](#) for the schedule and address.

Be ready to save a life: MCRRC will be holding our next [CPR/AED/First Aid certification course](#) on **Sunday August 7th**. See more info under "Get Trained", below.

The old [Eastern County 8K](#) course is back - the race is **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!

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

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## Upcoming Races and Volunteer Ops

### [Going Green Track Meet](#)

August 5 @ 6:45 pm - 8:30 pm

**Rockville High School**, 2100 Baltimore Avenue,  
Rockville, MD 20851 + [Google Map](#)

### [Comus Run 5K](#)

August 13 @ 5:30 pm - 7:00 pm

Bachmann Family Farm, 12 Barley Field Ct  
Comus, MD 20842 + [Google Map](#)

### [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](#)



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## 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](#).

### **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](http://www.imathlete.com) & typing "MCRRC 2016 CPR" in the search box. Should you have any questions, please contact [racessupport@mccrc.org](mailto:racessupport@mccrc.org)

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## **Race results**

### **MCRRC Competitive Racing Team Results**

courtesy of Nicolas Crouzier.

#### **Riley's Rumble Half Marathon -- 2016-07-31**

Nicolas Crouzier 1:16:47 (Age group rank: 1st of 24, Gender rank: 1st of 249, Overall rank: **1st of 416**)

Mark Neff 1:24:17 (Age group rank: 1st of 41, Gender rank: 6th of 249, Overall rank: 6th of 416)

Jeff Duyn 1:24:37 (Age group rank: 1st of 27, Gender rank: 7th of 249, Overall rank: 7th of 416)

Yukun Fung 1:33:39 (Age group rank: 5th of 30, Gender rank: 25th of 249, Overall rank: 26th of 416)

#### **Race for Ribbon 5K -- 2016-07-16**

Cindy Conant 19:53.50 (Age group rank: 1st of 24, Gender rank: **3rd**, Overall rank: 11th of 274)

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

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## **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 [mccrc.org](http://mccrc.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

#### MCRRC race results:

[Riley's Rumble Half Marathon](#)

[Riley's Rumble 8K](#)

#### 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 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@mccrc.org](mailto:ins_and_outs@mccrc.org)*

### Running News Roundup:

[How much does it cost you to run a marathon? I'd bet it costs most of us a lot less than \\$1600!](#)

### 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 [mccrcphotos.com](http://mccrcphotos.com)!

We've just hit 500 followers - keep it going.

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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