



## Montgomery County Road Runners

Friday, December 4, 2015

### Ins and Outs



Hi Runner:

The year is winding down, and its time for holiday shopping. We have the perfect gift to your fellow runners: volunteering at one of our two remaining races for the year: [Seneca Slopes 9K \(12/6\)](#) and [Jingle Bell Jog \(12/13\)](#).

Seneca Slopes has the advantage of a 10 a.m. start, so it can be a sleep-in Sunday as well.

And if you volunteer at Jingle Bell, it's a twofer. Post-race, there will be an [annual membership meeting](#) where the 2016 budget will be presented to the membership. Club by-laws require a quorum of at least 50 members in order to conduct the meeting. We hope that we will see many of you there. The Jingle Bell Jog starts at 9 a.m. and the meeting will follow the race in the Carnation Room in the Senior Center.

Congratulations to the members of the 2016 Competitive Racing Team named this week. See the roster, below, under "Race Results".

Give your family the gift of running by signing up for a primary + one or family MCRRC membership. [More info here](#) - and signup/payment is available [online](#).

Reminder: please recognize outstanding volunteers, coaches, and runners by nominating worthy individuals at the MCRRC [awards page](#).

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

### Upcoming Races and Volunteer Ops

#### [Seneca Slopes 9K](#)

December 6 @ 10:00 am - 11:30 am

[Seneca Creek State Park, 11950 Clopper Road, Gaithersburg, MD](#)

Come to Seneca Creek State Park to enjoy this multi-terrain course, the final event in the cross country series.

[Click here](#) to volunteer.

#### [Jingle Bell Jog](#)

December 13 @ 9:00 am - 10:30 am

[Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850](#)

Dashing through the snow to an 8k race today...the last club race of the year

[Click here](#) to volunteer.

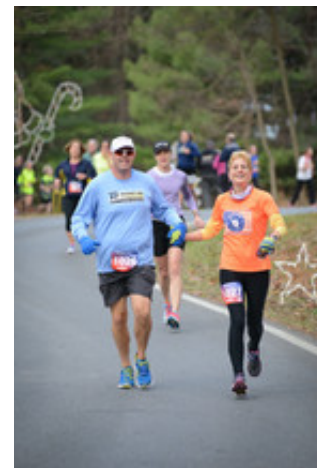
#### [New Years Day 5K](#)

January 1, 2016 @ 10:00 am - 11:00 am

[Manna Food Center, 9311 Gaither Road, Gaithersburg, MD 20877](#)

The race will NOT be at Seneca Creek State Park this year. Registration will be indoors at Manna Food Center. If inclined, they can bring a few dollars to donate to Manna (they suggested a donation is better than food).

[Click here](#) to volunteer.





## Get Trained

### 2016 Speed Development Program

Registration for the 2016 Speed Development program is now open. The program has been training motivated runners of ANY PACE to achieve their best since 2002!

More information about the program and the link to register for the program can be found on the [club website](#).

### Winter Trail Program

Winter Trails is designed to teach and/or improve trail running skills for folks with all levels of trail running experience. The main focus will be training up for our target race, The Seneca Creek Greenway Marathon/50k, held by MCRRC every March, but folks going shorter distances will be accommodated and encouraged too. The program can be adapted for other early spring trail races as well. We will utilize a different trail every week, 13 trails in 13 weeks. Learn more about the program [on the club website](#).

### Advanced Marathon Training (Dec-Mar)

You're no longer walking funny, trying to avoid your screaming quads. Medal looks nice on the rack with all its friends. So what's next? MCRRC's new winter marathon program, Advanced Marathon Training (AMT)! For a great price, you get two coached group runs a week, from Dec-March, training tips, and warm friendships that'll stay with you long after the Rock Creek trail thaws. Coached by Keith Evans and Terri Scadron. Registration is open, orientation 12/1. [More info is available here.](#)

### Winter Half Marathon Program

Looking for a challenge? You will love winter running with our challenging half marathon program. The programs consist of 4 months of coaching for runners looking to train for a half marathon. We welcome new and experienced runners of varying ability levels and speed. Orientation is December 2nd. Registration is open now. [More info is available here.](#)

### Winter 5K Run/Walk Program

This is a [time-based program](#) that uses walking and running intervals at a comfortable pace that will either help you finish your first 5K or help you to maintain your mileage to complete an early Spring 5K or 10K (depending on your pace). The training sessions build up gradually to prepare walkers and runners for an early spring race while maximizing fun, meeting new friends, and preventing injury. Those with a consistent pace of 12 minutes per mile or faster will be able to comfortably complete a 10K at the end of the program if this is a goal of yours. Everyone will be able to complete a 5K by the end of the program. Learn more [here at the club website](#).

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## Race results

### MCRRC Competitive Racing Team Results

courtesy of Nicolas Crouzier.

#### Turkey Burnoff 10 Mile -- 2015-11-28

Nicolas Crouzier 56:46 (Age group rank: 1st of 12, Gender rank: 1st of 165, Overall rank: 1st of 295)

Chris Shaw 57:48 (Age group rank: 1st of 16, Gender rank: 4th of 165, Overall rank: 4th of 295)

Yukun Fung 1:07:11 (Age group rank: 3rd of 20, Gender rank: 14th of 165, Overall rank: 15th of 295)

#### Turkey Burnoff 5 Mile -- 2015-11-28

Sarah Flynn 33:54 (Age group rank: 1st of 28, Gender rank: 1st of 197)

#### Race With Grace 10K -- 2015-11-26

Randy Smith 34:42 (Age group rank: 3rd of 48, Gender rank: 9th of 547, Overall rank: 9th of 1122)

#### Turkey Chase 10K -- 2015-11-26

Miles Aitken 35:55.82 (Age group rank: 5th of 178, Gender rank: 14th of 1831, Overall rank: 14th of 3709)

Daniel George 37:43.13 (Age group rank: 7th of 155, Gender rank: 34th of 1831, Overall rank: 35th of 3709)

Paul Jacobson 38:37.85 (Age group rank: 2nd of 208, Gender rank: 45th of 1831, Overall rank: 49th of 3709)

Lee Firestone 40:48.96 (Age group rank: 4th of 208, Gender rank: 75th of 1831, Overall rank: 80th of 3709)

**Wilmington Turkey Trot 5K -- 2015-11-26**

Laura Ramos 18:50.09 (Age group rank: 1st of 200, Gender rank: 5th of 913, Overall rank: 14th of 1655)

**Philadelphia Marathon -- 2015-11-22**

Shlomo Fishman 2:48:55 (Age group rank: 24th of 384, Gender rank: 105th of 5082, Overall rank: 110th of 9159)

**Tidal Basin 3K -- 2015-11-22**

Yukun Fung 11:53 (Gender rank: 2nd of 7, Overall rank: 2nd of 10)

**Tidal Basin Miler -- 2015-11-22**

Yukun Fung 5:29 (Gender rank: 2nd of 14, Overall rank: 2nd of 16)

**Run Under The Lights 5K -- 2015-11-21**

Nicolas Crouzier 16:21 (Age group rank: 1st of 16, Gender rank: 1st of 278, Overall rank: 1st of 751)

**King of the Road 5K -- 2015-11-15**

Julie Sapper 21:11 (Age group rank: 1st of 37, Gender rank: 1st of 151, Overall rank: 13th of 267)

**US National 1 Mile -- 2015-11-15**

Exavier Watson 4:58 (Gender rank: 5th of 44, Overall rank: 5th of 70)

**US National 12K -- 2015-11-15**

Mark Neff 44:42 (Age group rank: 9th of 22, Gender rank: 70th of 510, Overall rank: 96th of 1001)

Paul Jacobson 45:25 (Age group rank: 12th of 22, Gender rank: 79th of 510, Overall rank: 105th of 1001)

Lisa Reichmann 50:55 (Age group rank: 8th of 15, Gender rank: 40th of 491, Overall rank: 168th of 1001)

**Richmond Marathon -- 2015-11-14**

Elizabeth Thomas 3:16:18 (Age group rank: 2nd of 354, Gender rank: 42nd of 2343, Overall rank: 248th of 4523)

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

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**Competitive Racing Team Members for 2016**

**1. Open Men**

Yukun Fung, Captain  
Miles Aitken  
Nicolas Crouzier  
Ning Rui  
Randy Smith  
Shlomo Fishman  
Taylor Williamson  
Exavier Watson  
Kyle Broadway  
Evan Hanger (new)  
Julian Menk (new)  
Jatin Narang (new)

**2. Open Women**

Dagmar Salazar  
Laura Ramos  
Megan Haberle  
Robin Watkins  
Sarah Flynn  
Michelle Miller (new)  
Eva Rodezno (new)  
Tracy Cermak (new)

**3. Masters Men**

Argaw Kidane  
Chris Shaw  
David Storper  
Jeff Duyn  
Kevin Yates  
Lee Firestone  
Mark Neff  
Paul Jacobson  
David Haaga  
Kunihiko Hayashi

**4. Masters Female**

Lisa Chilcote, Captain  
Cindy Conant  
Elizabeth Thomas  
Julie Sapper  
Kellie Redmond  
Lisa Reichmann  
Emily Pierce

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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 Fallsgrove 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 [mcrcc.org](http://mcrcc.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.

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## 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 (see "Clubchat" at the end of this newsletter). Email us at [ins\\_and\\_outs@mcrcc.org](mailto:ins_and_outs@mcrcc.org)

### Are you a Photography Enthusiast?

We're looking for photography "pros" to join the ranks of our MCRRC race photographers. As you know, we strive to provide free, high quality photos of (almost) all of our runners at all of our MCRRC races. But someone has to take the great shots you find on [www.mcrccphotos.com](http://www.mcrccphotos.com). Perhaps that someone could be you.

If you are interested in seeing if you have what it takes, please contact [Dan Reichmann](#). But don't delay - we've got the several races coming up in the next few months and we're still looking for on-course photographers.

### Getting Social (media)

Check out Ernie V's [great MCRRC page on Strava](#) that allows you to virtually compete, follow, comment with, etc., your fellow club members once you first [sign up for Strava](#) (free). [Link](#).

### Clubchat

Club member Wanda Walters partnered with a fitness trainer to develop a [5 Minute Morning Wellness Workout](#) to alleviate morning muscle stiffness and tightness. Might come in handy on these cold mornings after long runs.

He's not only a super-fast Competitive Racing Team/MCRRC member, but he's a super-podiatrist as well. [Read Dr. Lee Firestone's thoughts](#) on how 3D printing will revolutionize running footwear.

[@MCRRC](#) Tweet of the Week:

[Tom Brennan @RunCoachTom Nov 24](#)

[Multi-year project will rebuild RCP's Beach Drive starting in 2016 via @runwashington](#)

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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@mcrcc.org](mailto:ins_and_outs@mcrcc.org).

Eric London, Editor

Get social with us!



