



Montgomery County Road Runners

Friday, February 5, 2016

Ins and Outs



Hi Runner:

Snowzilla is over, but Country Road Run isn't. It was rescheduled for February 21 - the time and location are the same. See details under upcoming races, below.

Itchin' for competition? The [RRCA Club Challenge](#) is in three weeks from Sunday -- February 28th in Columbia. Any athlete registered with an RRCA running club in MD - that means you - can run for free -- and compete against other clubs as part of our team. [More information here.](#)

Reminders from last edition (in case your computer was snowed under):

- 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. [RSVP here](#) so that we can get a head count.

- [The Best of Washington Running 2016 voting is now open](#) through March 31st. Support the club by voting wisely.

Best,
I&O
ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

[Country Road Run](#)

February 21 @ 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



[Beginning Women Runners](#)

Registration is now open for this low-key program, geared specifically for women. The program will train you to complete a 5k (3.1 mile) race - whether you've never run before in your life or you're easing back to running after an injury or childbirth. It provides a structured, supportive environment for you to gain fitness and also meet other women with similar goals. [Information and registration info can be found here.](#)

[CPR/AED/First Aid Certification](#)

MCRRC will be holding our next CPR/AED/First Aid certification course on Sunday, February 7, 2016. These classes are free to active MCRRC coaches, pace group leaders, and RD's. It is \$50 for all other MCRRC members. Reimbursement is provided after completion of the course.

The class will be held at the MCRRC offices on Southlawn Lane in Rockville. The classes start promptly at 9am & will end by 3pm. [Signup here.](#) Contact racessupport@mcrrc.org with questions.

Race results

MCRRC Competitive Racing Team Results

courtesy of Nicolas Crouzier.

Miami Half Marathon -- 2016-01-24

Exavier Watson 1:20:47 (Age group rank: 9th of 1105, Gender rank: 47th of 7011, Overall rank: 52nd of 14484)

[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 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 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)

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:

[Run Washington's](#) runner rankings (click on the cover and see "Any Given Saturday, Sunday and Sometimes Weekday") for 2015 have been released. Congrats to Nicolas Crouzier (#9th overall man), Laura Ramos (#16th overall woman), Shlomo Fishman (#1 20-29 men), Exavier Watson (#2 30-39 men), Ning Rui (#6 30-39 men), Taylor Williamson (#8 30-39 men), Mark Neff (#1 50-59 men), Paul Jacobson (#2 50-59 men), and Lee Firestone (#3 50-59 men). If we left anyone out (apologies in advance), please let us know.

Did you get out running in the snow? We know no one in the club would do something like this, and we certainly don't advocate it, but how about that Keith Knipling? [Getting it Done! from](#)

iRunFar.com

And let's hear it for the Montgomery County Parks Department.
[Montgomery Parks Continues Clearing Snow from Capital Crescent Trail from Bethesda Magazine.](#)

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!



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