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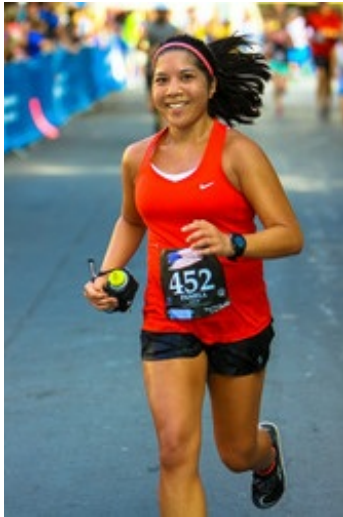


Montgomery County Road Runners

Friday, September 16, 2016

Ins and Outs

Hi Runner:



Running the Marine Corps Marathon? [Click](#) to signup for the MCRRC [hospitality suite at the Key Bridge Marriott](#) and new optional bus transportation. Any questions? Please contact Ashley in the MCRRC office at office@mcrrc.org or Wendy Young, suite coordinator, wendy13fh@gmail.com.

Two weeks from Sunday: 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](#) so we can ensure enough food and drink to go around!

A note from President Shulman, Parks RD: *Another successful race day in the books! It was a hot day, but we still had a lot of happy faces crossing the finish line. We would like to give a shout out to all of you who participated and especially to the over 500 volunteers who gave of their time, to make this race a success. We look forward to seeing you all again in 2017!*

Finally, by the time you read the next [Ins and Outs](#), sunrise will take place at 7:04 am and sunset at 6:52. Please run safely and remember to be seen out there now that the visibility is low for prime running time.

Best,
I&O
ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

[Lake Needwood Cross Country \(10K\)](#)

September 17 @ 8:30 am - 10:30 am

[15680 Needwood Lake Circle, Derwood, MD 20855](#)

[Click here to volunteer](#)

[Cabin John Kids Run](#)

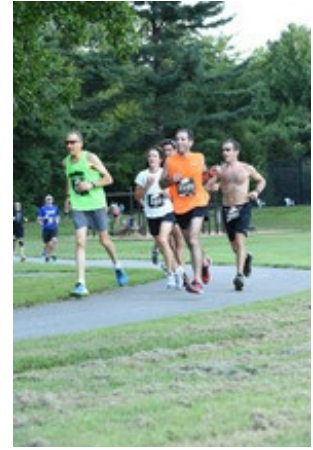
September 25 @ 9:00 am - 10:00 am

[Cabin John Regional Park](#)

[7400 Tuckerman Lane, Bethesda, MD 20817](#)

Kids (17 years and under) 9:00 am at Cabin John Regional Park in Potomac. In the interests of promoting children's running, these races are free to all runners 17 & under. Registration is race-day only.

[Click here to volunteer](#)



Get Trained

[Stride Clinic](#)

Upcoming clinics will take place on **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 **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 acesupport@mcrcc.org



Race results

MCRRC Competitive Racing Team Results

courtesy of Nicolas Cruzier.

Parks Half Marathon – 2016-09-11

Nicolas Cruzier 1:17:20 (Age group rank: 4th of 113, Gender rank: 10th of 1019, Overall rank: 10th of 2071)

Shlomo Fishman 1:18:34 (Age group rank: 1st of 24, Gender rank: 12th of 1019, Overall rank: 12th of 2071)

Kunihiko Hayashi 1:22:51 (Age group rank: 4th of 165, Gender rank: 18th of 1019, Overall rank: 18th of 2071)

Jeff Duyn 1:23:29 (Age group rank: 1st of 98, Gender rank: 20th of 1019, Overall rank: 20th of 2071)

Taylor Williamson 1:25:11 (Age group rank: 9th of 113, Gender rank: 26th of 1019, Overall rank: 27th of 2071)
Adrian Spencer 1:25:27 (Age group rank: 10th of 113, Gender rank: 28th of 1019, Overall rank: 29th of 2071)
David Storper 1:25:35 (Age group rank: 6th of 165, Gender rank: 29th of 1019, Overall rank: 30th of 2071)
Michelle Miller 1:25:40 (Age group rank: 1st of 185, Gender rank: **2nd of 1052**, Overall rank: 25th of 2071)
Yukun Fung 1:29:28 (Age group rank: 9th of 149, Gender rank: 49th of 1019, Overall rank: 54th of 2071)
Argaw Kidane 1:29:33 (Age group rank: 4th of 142, Gender rank: 50th of 1019, Overall rank: 55th of 2071)
Kyle Broadway 1:30:13 (Age group rank: 10th of 65, Gender rank: 55th of 1019, Overall rank: 61st of 2071)
Cindy Conant 1:32:25 (Age group rank: 1st of 70, Gender rank: 9th of 1052, Overall rank: 71st of 2071)
Lisa Reichmann 1:33:12 (Age group rank: 2nd of 177, Gender rank: 11th of 1052, Overall rank: 76th of 2071)
Miriam Mintzer 1:37:23 (Age group rank: 1st of 166, Gender rank: 19th of 1052, Overall rank: 104th of 2071)
Lee Firestone 1:40:26 (Age group rank: 14th of 142, Gender rank: 115th of 1019, Overall rank: 144th of 2071)

Frederick Market Street Mile -- 2016-09-10

Chris Shaw 4:36.02 (Age group rank: 1st of 14, Gender rank: 3rd of 119, Overall rank: **3rd of 224**)

Kentlands Lakelands 5K -- 2016-09-04

Chris Shaw 16:06 (Age group rank: 1st of 62, Gender rank: 2nd of 495, Overall rank: **2nd of 965**)
Mark Neff 17:33 (Age group rank: 1st of 40, Gender rank: 9th of 495, Overall rank: 9th of 965)
David Haaga 18:04 (Age group rank: 1st of 40, Gender rank: 15th of 495, Overall rank: 15th of 965)
Julie Sapper 20:38 (Age group rank: 2nd of 63, Gender rank: 7th of 470, Overall rank: 49th of 965)

Leesburg 20K -- 2016-08-21

David Storper 1:22:18 (Age group rank: 4th of 74, Gender rank: 15th of 385, Overall rank: 17th of 777)

[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:

[Parks Half Marathon \(Women\)](#)

[Parks Half Marathon \(Men\)](#)

[Parks Half Marathon \(Awards\)](#)

Running News Roundup:

[7 Safety Tips for Running in the Dark](#)

Social:

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 [mcrccphotos.com](#)! (Photo credits for this week's email: Dan and Alex Reichmann, Sandra Engstrom)

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.

Eric London, Editor

Get social with us!



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