Montgomery County Road Runners

Ins and Outs

Hi Runner:

Some hot track action starts at **7:30 tonight at Rockville High School** with the **Midsummer Nights Mile**. There will be 8 heats, with one for your pace. We hope to see you there.

Riley's Rumble -- the hot hilly half marathon your mother warned you about -- is sneaking up in another three weeks. Get your heat acclimation on asap, or try out the new companion 8K, or volunteer (we need more volunteers now that we have two races on the same day). Just leave some ice pops for us.

If it's too hot to rack up the mega miles outside, then put in 45 minutes working on your stride. The next **stride clinic is tomorrow, July 9** - more info here about how to take a step forward to improve your running.

We know that the idea of a stadium blanket will make you start panting right now, but your running friends (2 and 4 legged) will beg for one of these when they see this giveaway. **Parks Half Marathon** has a great new premium - act now to avoid the sellout and guarantee your place.

Best,
I&O
ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

Midsummer Nights Mile
July 8 @ 7:30 pm - 9:00 pm
Rockville High School, 2100 Baltimore Rd
Rockville, MD 20851 + Google Map

Riley's Rumble Half Marathon & 8K
July 31 @ 7:00 am - 10:00 am

South Germantown Recreational Park – Maryland SoccerPlex, 18031 Central Park Circle
Boyds, MD 20841 + Google Map

Going Green Track Meet
August 5 @ 6:45 pm - 8:30 pm
Our Lady of Good Counsel High School, 17301 Old Vic Blvd
Olney, 20832 + Google Map

Comus Run
August 13 @ 5:30 pm - 7:00 pm
Bachman 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

Get Trained

Registration is now open for these two summer programs:

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 results

MCRRC Competitive Racing Team Results
courtesy of Nicolas Crouzier.

Liberty 5K -- 2016-07-04
Sarah Flynn 20:08.80 (Gender rank: 1st of 140, Overall rank: 26th of 296)

MVF Independence Day 5k -- 2016-07-04
Argaw Kidane 19:43 (Age group rank: 1st of 18, Gender rank: 7th of 62, Overall rank: 7th of 115)

Peachtree Road Race -- 2016-07-04
Exavier Watson 37:15 (Age group rank: 7th of 3011, Gender rank: 149th of 28237, Overall rank: 150th of 56913)

Little Bennett Cross Country 10K -- 2016-07-03
Nicolas Crouzier 35:39 (Age group rank: 1st of 7, Gender rank: 2nd of 92, Overall rank: 2nd of 122)
David Storper 41:13 (Age group rank: 1st of 13, Gender rank: 5th of 92, Overall rank: 5th of 122)
Yukun Fung 43:20 (Age group rank: 1st of 7, Gender rank: 9th of 92, Overall rank: 9th of 122)

Suds & Soles 5K -- 2016-06-25
Nicolas Crouzier 16:10 (Age group rank: 2nd of 93, Gender rank: 2nd of 348, Overall rank: 2nd of 759)
Chris Shaw 16:52 (Age group rank: 1st of 83, Gender rank: 4th of 348, Overall rank: 4th of 759)
Randy Smith 16:54 (Age group rank: 2nd of 44, Gender rank: 5th of 348, Overall rank: 5th of 759)
Kunihiko Hayashi 17:27 (Age group rank: 2nd of 83, Gender rank: 9th of 348, Overall rank: 9th of 759)
Exavier Watson 17:45 (Age group rank: 5th of 93, Gender rank: 11th of 348, Overall rank: 11th of 759)
Mark Neff 17:52 (Age group rank: 1st of 59, Gender rank: 14th of 348, Overall rank: 14th of 759)
David Haaga 18:32 (Age group rank: 2nd of 59, Gender rank: 18th of 348, Overall rank: 20th of 759)
David Storper 18:41 (Age group rank: 3rd of 83, Gender rank: 19th of 348, Overall rank: 22nd of 759)
Yukun Fung 19:24 (Age group rank: 16th of 93, Gender rank: 27th of 348, Overall rank: 30th of 759)
Dagmar Salazar 19:54 (Age group rank: 4th of 128, Gender rank: 4th of 411, Overall rank: 38th of 759)
Sarah Flynn 19:59 (Age group rank: 5th of 128, Gender rank: 5th of 411, Overall rank: 40th of 759)
Laura Ramos 20:30 (Age group rank: 6th of 128, Gender rank: 6th of 411, Overall rank: 44th of 759)
Kellie Redmond 20:31 (Age group rank: 1st of 119, Gender rank: 7th of 411, Overall rank: 46th of 759)
Lisa Reichmann 20:35 (Age group rank: 2nd of 119, Gender rank: 8th of 411, Overall rank: 47th of 759)
Courtney Perna 20:53 (Age group rank: 7th of 128, Gender rank: 9th of 411, Overall rank: 52nd of 759)
Emily Pierce 22:01 (Age group rank: 4th of 119, Gender rank: 16th of 411, Overall rank: 74th of 759)

PVTC Track Meet 1 mile -- 2016-06-11
Chris Shaw 4:39.34 (Gender rank: 3rd of 21, Overall rank: 3rd of 32)

See all results from the MCRRC racing team at raceteam.mcrrc.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 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:
Little Bennett XC
Suds and Soles 5K

Marine Corps Marathon Transfer Bib Listings
The MCM transfer program is on. Let us know if you have one available and want us to put a notice here so your fellow club members can catch an entry if you've changed your mind. We've already made one successful match. It is your responsibility to make contact and work out terms for reimbursement on your own - the MCM program only transfers the bib, it doesn't refund money to the original registrant.

- As of this week, kgopattigo@aol.com has one bib available for transfer.

Board meetings take place the second Thursday of every month at the MCRRC clubhouse, and minutes of these meetings are available on the MCRRC website.

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:

Some good info on heat stress from ultrarunning.com

Yes, we are about participating and community, not passively spectating. But its the Olympics, darn it, (and it's too hot to run all day) so here's the TV track schedule for this weekend:

- July 8: Men's 1,500m (NBCSN, 6 p.m.)
- July 9: Men's 5000m (NBC, 8 p.m.)
- July 10: Men's & women's 1,500m (NBC, 7 p.m.)

Social:

Follow the Riley's Rumble Facebook page.
And 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!
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.

Eric London, Editor

Get social with us!

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US