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Montgomery County Road Runners

Friday, June 24, 2016

Ins and Outs

Hi Runner:



We hope to see a huge turnout for the inaugural running of [Suds & Soles 5K](#) this Saturday, June 25th at 7 p.m. in downtown Rockville, our new MCRRC summer evening race in the Town Center. Please [register](#) online for the 5K now for \$40 to guarantee entry. There may be limited in-person race day signup because spots are going fast; if available, signup at the race from 6-6:45 pm will be \$45. Signup and volunteer info is available [at the website](#).

We provide another holiday weekend race over the Independence Day weekend on July 3rd for the [XC at Little Bennett Park](#). It would be great to celebrate with you.

It's almost time for the [Midsummer mile on the track at Rockville HS](#) on July 8th as well - we wanted to give you an early heads up so you can get a couple of weeks of speed work in beforehand.

Dress light and hydrate!

Best,
I&O
ins_and_outs@mcrcc.org

Upcoming Races and Volunteer Ops

[Suds & Soles 5K](#)

June 25 @ 7:00 pm - 9:00 pm
Rockville Town Square, 30 Maryland Ave
Rockville, MD 20850 + [Google Map](#)

[Little Bennett XC](#)

July 3 @ 7:30 am - 10:00 am
Little Bennett Park, 25900 Prescott Road

Clarksburg, MD 20871 + [Google Map](#)

Midsummer Nights Mile

July 8 @ 7:30 pm - 9:00 pm

Rockville High School, 2100 Baltimore Rd

Rockville, MD 20851 + [Google Map](#)

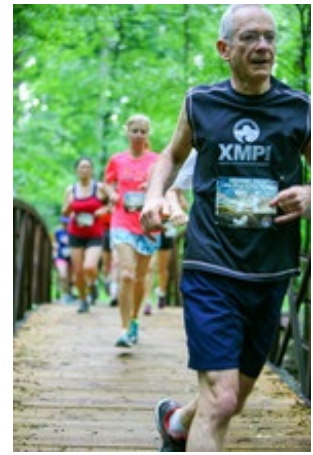
Riley's Rumble Half Marathon & 8K

July 31 @ 7:00 am - 10:00 am

South Germantown Recreational Park – Maryland SoccerPlex, 18031

Central Park Circle

Boys, MD 20841 + [Google Map](#)



Get Trained



Information on summer training programs currently underway is [available at the MCRRC website](#).

Race results

MCRRC Competitive Racing Team Results

courtesy of Nicolas Crouzier.

Father's Day 5K -- 2016-06-19

Cindy Conant 19:37 (Age group rank: 1st of 12, Gender rank: **2nd** of 178, Overall rank: 19th of 372)

Highlands Sky Trail Run -- 2016-06-18

Robin Watkins 7:07:21 (Gender rank: **1st** of 49, Overall rank: 6th of 165)

Blue-Gold All Star 5 K -- 2016-06-11

Cindy Conant 19:48.76 (Gender rank: **1st**, Overall rank: 10th of 211)

Laurel Highlands Ultra -- 2016-06-11

Robin Watkins 13:23:31 (Gender rank: 1st of 16, Overall rank: **3rd** of 86)

Lawyers have Heart 10K -- 2016-06-11

Julie Sapper 43:33 (Age group rank: 1st of 128, Gender rank: 21st of 812, Overall rank: 126th of 1754)

Purple Stride 5K -- 2016-06-11

Laura Ramos 20:05 (Age group rank: **1st** of 144, Gender rank: 1st of 312, Overall rank: 6th of 550)

Veterans Assistance Dogs of Texas Charity 10K -- 2016-06-11

Yukun Fung 41:35 (Age group rank: 1st of 5, Gender rank: **2nd** of 20, Overall rank: 2nd of 40)

parkrun DC -- 2016-06-11

Mark Neff 17:34 (Age group rank: 1st of 7, Gender rank: 1st of 32, Overall rank: **1st** of 49)

[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 Falls Grove 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)

Club News

MCRRC race results:

[Run for Roses 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. Ins and Outs has one bib to transfer right now - write ericlondon@gmail.com

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:

Please don't tell me that you are too old to improve: "[96-Year- Old Gets Faster at Mount Washington Road Race](#)."

It's not just the humidity - its also the angle of the sun that makes daytime running feel hotter in the summer months. "During the summer, the sun's rays hit the Earth at a steep angle. The light does not spread out as much, thus increasing the amount of energy hitting any given spot." ["Why is it hot in summer?"](#) from Library of Congress.

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 [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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