



[Click to view this email in a browser](#)



Montgomery County Road Runners Club

Friday, May 8, 2015

Ins and Outs



Hi Runner!

Get ready for a full weekend of [great weather](#) and two MCRRC activities. On Saturday May 9, Kids On the Run will take place -- with events from a 100M Toddler Trot to a 2K. On Sunday May 10, Mother's Day, surprise your mother with Run Aware 5K on the trails at Cabin John Regional Park.

And the Germantown 5 Miler is on deck for next Saturday May 16.

All races are in need of participants and volunteers - info below.

MCRRC Sweeps RW 2015 Awards!

And congratulations to everyone for the sweep in [Run Washington's Best of Washington Running 2015 awards](#):

- Best Half Marathon - [Parks Half Marathon](#)
- Best Evening Race - [Rockville Rotary Runfest](#)
- Best 10K - [Pike's Peek](#)
- Best Race T-Shirt - [Parks Half Marathon](#)
- Best Program for Beginning Runners - [MCRRC First Time Marathon Training Program](#)
- Best Coach - Conroy Zien (on the cover of Run Washington!)

Runner ups: Run Under The Lights 5K for Best Evening Run and Best 5k; Stone Mill 50 Miler for Best Off-Road Race.

The recognition for the Club is well-deserved. Thank you for being active in MCRRC events. Your participation makes it happen!

Upcoming Races and Volunteer Ops

[Kids On The Run](#)

Saturday, May 9

8:30 AM

[Bohrer Park, Gaithersburg](#)

The event is for children age 17 and under. There are many distances to choose from; Toddler Trot (age 4 and under), Half-Mile, One-Mile and 2K Kids Marathon event. The Kids Marathon encourages kids to train by running twenty-five individual miles then come to the race to complete the last 1.2 miles for a full marathon. Awards, refreshments and prizes available to all participants. [Register here.](#) If you are not bringing the kids to the event, please [sign up to volunteer](#) and help this very fun activity.



[Run Aware 5K](#)

Sunday, May 10

8:00 AM 5K race (XC)

8:05 AM 1K race (YS)

[Cabin John Regional Park](#)

Join us at the 9th Annual Run Aware 5K. You'll travel on hills, run near streams, and enjoy the sights in the early spring. Be prepared to get wet and muddy—precipitation and wet trails are a possibility. Volunteers are needed, including help with the start/finish, refreshments, water stop, course marshaling & equipment return. Visit the [race page](#) for more information, directions, or to [volunteer](#). Contact the [race director](#) for further details.

[Germantown 5 Miler](#)

Saturday, May 16

8:00 AM Sports 1K Kids Run

8:30 AM 5 Miler

8:35 2 Mile Family Run

Seneca Meadows Corporate Center, Germantown

The race, benefiting Sports Plus, is presented by the Montgomery County Road Runners Club, Inc. This year we have added the 2 Mile Family Fun Run and have family discount pricing for the event. The event will culminate with awards and prize drawings. The race is known for its rolling course and starts and finishes across the street from the Wegmans in Germantown. We thank our sponsors Wegmans, Healthtrax, Dynamite Graphics, and Schrier Physical Therapy. More information and signup [here](#).

Memorial 4 Mile

Monday May 25

8:00AM 4mi race

8:05AM 1mi fun run (YS)

Rock Creek Valley School

[5121 Russett Road, Rockville](#)

Race Director: [Todd Carter](#)

Part of our low-key club race series.

Kids Track Nights

The first Kids Track Night events were a big success! Now we need your help to make sure the rest of the events go well. The events are held at [Rockville High School](#) from 5:30-8:30 pm.

[Sign up now](#) to volunteer!

Get Trained



Find Your Stride

Imagine... being able to walk into a real clinic, start running, and have experts (running coaches, photographers, physical therapists, and foot doctors) at your disposal to give you an in-depth evaluation of your running style!

The next Stride Clinic is being held tomorrow Saturday, May 9th & there are plenty of spots available. They will fill fast, so if you'd like to get a jump start on your summer/fall training, sign up right away!

This Saturday's Stride Clinic will be relocated because of an accident at ProAction Physical Therapy today (a car ran into the building). Stride Clinic will temporarily relocate to the JCC at 6125 Montrose Road, Rockville. The clinic will be held downstairs in the fitness area. Everyone will need to check in with security at the front desk to obtain a guest pass.

To signup, please

visit www.imathlete.com/events/2014strideclinic or go to www.imathlete.com and type "MCRRC Stride Clinic" in the search bar.

If you have any questions, please contact the MCRRC [office](#).

Race Timers Needed

Have you ever wondered how results were produced for our club races? Do you have a knack for using technology?

We're currently looking to train additional race timers. Training, both "classroom" style and hands on, will be provided over a series of sessions. Ideal candidates should be techologically proficient, willing & able to spend time training and available some evenings & weekend mornings at races. The position requires excellent written & verbal communication skills as well as leadership capabilities & basic finish line operation and management (training provided).

If you think this is the position for you, please [contact](#) MCRRC President Don Shulman to express interest. We look forward to working with you!

Register for the Summer Half Program

Here's a fun way to keep yourself running over the summer - train with the [Summer Half Marathon Program](#) - then do Parks Half Marathon this September 13. Registration is open now. The program runs from May 16 until the race.

Hone your marathon skills in XMP

If you are ready to take your marathon training to the next level, sign up now for the [Experienced Marathon Program](#) (XMP) to build speed and endurance while you train for a fall marathon of your choosing. XMP Orientation is May 23 and workouts begin May 30.

Weekly Workouts

[Bowling Alone](#) writer Robert Putnam wouldn't approve of running alone - there are [many benefits](#) of social group running.

MCRRC has workouts every day of the week:

[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](#)

[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](#) since details are subject to regular changes. Yahoo groups for each run are particularly helpful in keeping track of when, where, etc.

Race results

MCRRC Competitive Racing Team

Results courtesy of Nicolas Crouzier:

Potomac River Run Marathon -- 2015-05-03

Shlomo Fishman 2:59:55 (Overall rank: 1st of 133)

Robin Watkins 3:51:48 (Overall rank: 38th of 133)

Race for Hope 5K -- 2015-05-03

Paul Jacobson 18:15 (Overall rank: 9th of 1685)
Kevin Yates 45:23 (Overall rank: 1298th of 1685)

Capital for a Day 5K -- 2015-05-02

Nicolas Crouzier 16:06 (Age group rank: 1st of 8, Gender rank: 1st of 154, Overall rank: 1st of 320)
Chris Shaw 16:18 (Age group rank: 1st of 16, Gender rank: 2nd of 154, Overall rank: 2nd of 320)
Kevin Yates 17:30 (Age group rank: 1st of 20, Gender rank: 4th of 154, Overall rank: 4th of 320)
Wayne Breslyn 18:24 (Age group rank: 2nd of 14, Gender rank: 9th of 154, Overall rank: 9th of 320)
Argaw Kidane 19:05 (Age group rank: 3rd of 14, Gender rank: 15th of 154, Overall rank: 16th of 320)
Yukun Fung 19:42 (Age group rank: 4th of 16, Gender rank: 20th of 154, Overall rank: 21st of 320)
Christina Papoulias 23:17 (Age group rank: 1st of 9, Gender rank: 10th of 157, Overall rank: 72nd of 320)

Draft Day Dash 5K -- 2015-05-02

Miles Aitken 18:03 (Overall rank: 2nd of 585)

Pike's Peek 10K -- 2015-04-26

Nicolas Crouzier 32:15 (Age group rank: 7th of 133, Overall rank: 11th of 2394)
Chris Shaw 32:44 (Age group rank: 3rd of 145, Overall rank: 15th of 2394)
Exavier Watson 35:14 (Age group rank: 4th of 145, Overall rank: 24th of 2394)
Ning Rui 35:41 (Age group rank: 10th of 133, Overall rank: 28th of 2394)
Shlomo Fishman 35:49 (Age group rank: 4th of 30, Overall rank: 31st of 2394)
Mark Neff 35:51 (Age group rank: 2nd of 119, Overall rank: 32nd of 2394)
David Storper 36:18 (Age group rank: 4th of 147, Overall rank: 36th of 2394)
Paul Jacobson 36:58 (Age group rank: 3rd of 119, Overall rank: 44th of 2394)
Wayne Breslyn 37:21 (Age group rank: 2nd of 143, Overall rank: 49th of 2394)
Lee Firestone 38:07 (Age group rank: 6th of 143, Overall rank: 63rd of 2394)
Yukun Fung 38:16 (Age group rank: 8th of 145, Overall rank: 65th of 2394)
Argaw Kidane 39:01 (Age group rank: 8th of 143, Overall rank: 77th of 2394)
Kyle Broadway 39:17 (Age group rank: 13th of 75, Overall rank: 85th of 2394)
Courtney Perna 39:48 (Age group rank: 2nd of 276, Overall rank: 96th of 2394)
Kellie Redmond 40:27 (Age group rank: 1st of 172, Overall rank: 110th of 2394)
Laura Ramos 42:04 (Age group rank: 3rd of 276, Overall rank: 149th of 2394)

Christina Papoulias 47:39 (Age group rank: 23rd of 203, Overall rank: 396th of 2394)

Ben's Run 5 Mile -- 2015-04-25

Miles Aitken 29:37 (Age group rank: 1st of 8, Gender rank: 1st of 21, Overall rank: 1st of 46)

Promise Land 50K -- 2015-04-25

Robin Watkins 5:52:00 (Gender rank: 2nd, Overall rank: 35th of 336)

Oyez! (misc. notes)

[Dan Reichman](#) is taking submissions to run as part of an MCRRC team for the upcoming Germantown 5-Miler on May 16, 2015. Teams must have between 4-6 runners and at least one member of the opposite gender (top four finishers score - 3+1). Please use the race-team-signup link below to submit. The deadline will be this coming Tuesday, May 12, so act fast!
<http://www.mcrrc.org/race-team-signup>
www.mcrrcphotos.com

Follow last minute race changes and general announcements at [Twitter](#).

To see the full archive of event photos, [visit mcrrcphotos](#) and follow us on [Instagram](#).

Post your own photos on [Twitter](#), [Instagram](#), and [Facebook](#) with the hashtag #MCRRC so others can find them easily!

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!

