



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



Montgomery County Road Runners Club

Friday, May 22, 2015

Ins and Outs



Hi Runner!

A day off of work on a weekday means a race day, we hope. Honor those who served our country and celebrate with your Club friends on Monday at the Memorial Day 4 Mile at the [Rock Creek Valley School in Rockville](#).

And if you aren't running, [volunteer](#), especially if your are or know one of the [26% of high school seniors in Montgomery County](#) who still have outstanding SSL hours!

Best,
I&O
ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

[Memorial 4 Mile](#)

Monday May 25
8:00AM 4mi race
8:05AM 1mi fun run (YS)
Rock Creek Valley School
[5121 Russett Road, Rockville](#)



Part of our low-key club race series.

[Youth Track Meets](#)

We are really in need of some more volunteers for the City of Rockville's Youth Track Meets for the next 3 weeks. MCRRC takes care of the meet management and timing for the City's instructional youth track program which serves over 350 children in grades 1-8. MCRRC volunteers serve as lane marshals, lap counters, timers, record order of finish and do data entry. None of the jobs are difficult and experience is not necessary. Upcoming meets are scheduled for Wednesday, May 27th, Wednesday,

June 3rd and Thursday, June 4th and run from 5:30pm to about 8:30pm each evening at Rockville High School. These meets are really fun and really important to the kids participating in this program and they can not be run without our help.

Sign ups for volunteers for the meets are managed via Sign Up Genius. Please take a look and consider signing up for one or more slots on the list [here](#). This program is really important to building new runners amongst the youth in our county and we really need your help to make that happen!

Run for Roses

Saturday June 20

7:00AM race-day registration and packet pickup

7:45AM: 1/4 mile and 1/2 mile runs for children ages 12 and under

8:00 AM: 5K Start

Wheaton Regional Park

[2000 Shorefield Rd. Silver Spring](#)

Ladies! Be sure to sign up soon as another price increase is on the horizon (tomorrow, May 23) for the Run for Roses 5K, a women only race scheduled for Saturday June 20, 2015 in scenic Wheaton Regional Park in Wheaton, MD.

Run for Roses is a special 5K race for women only and part of the Maryland Road Runners Club of America (RRCA) [Women's Distance Festival \(WDF\) Grand Prix Series](#). It also celebrates the achievements of the Beginning Women Runners Program participants as many of them participate in their first 5K.

Included in the price of 5K registration, runners receive a Run for Roses logo-designed women's Brooks Podium style technical short-sleeve race shirt in the "Brooks blue" color (see [photo](#))

In addition to the usual overall and 5-year age group awards, there will be roses and finishers certificates for all participants and many random prizes. This fun summer race is also part of the Maryland RRCA Women's Distance Festival Grand Prix Series.

Volunteers for all types of positions are also needed, so ask your significant other or BFF to volunteer today at [Volunteer](#) - MCRRC Run for Roses to cheer you on!

Going Green Track Meet

Friday June 26

Approximate Time Schedule

6:45 Young Runs of 1/4 and 1/2 miles

7:00 Two Mile - First Heat 12:00 and faster

7:15 Two Mile - Second Heat 12:00-14:00

7:35 Two Mile - Third Heat 14:00-17:00

7:55 Two Mile - Fourth Heat 17:00 Plus

8:20 Mile Run – First Heat 6:00 and faster

8:30 Mile Run – Second Heat 6:00 Plus

8:45 4x400 Relay 5:00 Plus

8:55 4x400 Relay 5:00 and faster

Walt Whitman High School

[7100 Whittier Boulevard, Bethesda](#)

Part of our low-key club race series.

Get Trained



[Hone your marathon skills in XMP](#)

If you are an experienced runner and are considering a fall marathon, XMP is [open for registration](#). If you are uncertain about whether XMP is the right training program for you, feel free to attend the XMP orientation at the Club Facility at 14672-J Southlawn Lane, Rockville. The orientation will be held tomorrow, Saturday, May 23 starting at 10:30 AM and is open to registered runners as well as those considering XMP. The first group run will be on Saturday, May 30.

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 began on May 16 (registration is still open for now, at last check) and continues until the race. Included in your reg fee is a ASICS tech training shirt AND a \$10 discount to the PARKS Half Marathon....

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 technologically 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.

Race results

MCRRC Competitive Racing Team

Results courtesy of Nicolas Cruzier. Congrats to the many age-group winners and the one overall winner this week! Read below to find out...

Dirty German 50 Miler -- 2015-05-17

Robin Watkins 7:40:43 (Age group rank: 1st of 12, Gender rank: 1st of 18, Overall rank: 2nd of 66)

Germantown 5 Miler -- 2015-05-16

Nicolas Cruzier 27:07 (Age group rank: 2nd of 16, Overall rank: 3rd of 289)

Chris Shaw 27:47 (Age group rank: 1st of 17, Overall rank: 6th of 289)
Kevin Yates 28:18 (Age group rank: 1st of 21, Overall rank: 7th of 289)
Exavier Watson 29:13 (Age group rank: 3rd of 17, Overall rank: 12th of 289)
David Storper 29:41 (Age group rank: 2nd of 21, Overall rank: 13th of 289)
Ning Rui 29:55 (Age group rank: 4th of 16, Overall rank: 14th of 289)
Megan Haberle 30:16 (Age group rank: 1st of 17, Overall rank: 16th of 289)
Paul Jacobson 30:48 (Age group rank: 1st of 18, Overall rank: 17th of 289)
Wayne Breslyn 30:51 (Age group rank: 1st of 25, Overall rank: 18th of 289)
Lee Firestone 31:35 (Age group rank: 2nd of 25, Overall rank: 20th of 289)
Yukun Fung 31:58 (Age group rank: 4th of 17, Overall rank: 23rd of 289)
Sarah Flynn 32:18 (Age group rank: 2nd of 17, Overall rank: 26th of 289)
Robin Watkins 33:20 (Age group rank: 3rd of 19, Overall rank: 32nd of 289)
Elizabeth Thomas 34:03 (Age group rank: 1st of 24, Overall rank: 37th of 289)
Christina Papoulias 39:51 (Age group rank: 4th of 19, Overall rank: 81st of 289)

Devotion to Children Mother's Day 4 Miler -- 2015-05-10

Taylor Williamson 23:50 (Age group rank: 1st, Gender rank: 5th, Overall rank: 5th of 677)

Hope for Henry's 5K -- 2015-05-10

Lisa Reichmann 21:34 (Age group rank: 1st of 29, Gender rank: 2nd of 103, Overall rank: 6th of 182)

Run Aware 5K -- 2015-05-10

Chris Shaw 17:58 (Age group rank: 1st of 15, Gender rank: 2nd of 108, Overall rank: 2nd of 229)
Kevin Yates 18:44 (Age group rank: 1st of 9, Gender rank: 4th of 108, Overall rank: 4th of 229)
Miles Aitken 19:55 (Age group rank: 1st of 7, Gender rank: 5th of 108, Overall rank: 5th of 229)
Yukun Fung 21:13 (Age group rank: 3rd of 15, Gender rank: 11th of 108, Overall rank: 12th of 229)

Woodacres Jogfest 5K -- 2015-05-09

David Storper 19:14 (Age group rank: 1st of 36, Gender rank: 1st of undefined, Overall rank: 1st of 239)

Weekly Workouts

Don Libes writes about the hidden MCRRC benefit of group runs in the latest edition of MCRRC *Intervals*. There are runs available for everyone - from walkers to ultrarunners... See you soon.

[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 mcrrc.org since details are subject to regular changes.

Yahoo groups for each run are particularly helpful in keeping track of when, where, etc.

Oyez! (misc. notes)

By our count, turnout for Club races is up 6% year over year through the Germantown 5 Miler -- 4469 participants in 2015 vs 4221 in 2014! Congrats to everyone involved in a vital and expanding race calendar!

Remember: You can renew membership [online](#) and at races.

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!



If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

Montgomery County Road Runners Club
P.O. Box 1703
Rockville, Maryland 20849
US

[Read](#) the VerticalResponse marketing policy.

vertical DELIVERED BY
response
Try It Free Today!