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Montgomery County Road Runners Club

Friday, July 3, 2015

Ins and Outs



Hi Runner!

It's a busy next two weeks for MCRRC'ers. The upcoming annual Volunteer Party/Happy Hour will be held on Thursday, July 9th at Mama Lucia's in Olney. Please join us -- by attending and supporting Manna Food Center of Montco. The event is free for all volunteers and immediate families. Details and RSVP link [here](#).

Celebrate Independence Day and the [leap second](#) by running on Sunday July 5 at the [Little Bennett Cross Country 10K](#) (in its new location) or by signing up for the [Rockville Rotary Twilight Runfest 8K](#). Check out all races and volunteer opportunities at our [sparkling new website](#).

And in closing, [a nice article](#) on RunWashington.com about a participant (+ pace leaders, coach) in our First Time Marathoners' Program!

Best,
I&O

ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

[Little Bennett Cross Country 10K](#)

Sunday July 5 @ 7:30 am - 9:00 am

A challenging 10K loop course in Little Bennett Regional Park, Clarksburg, MD. Mainly single-track trail, hilly & rocky in places, beginning and ending in the horse trailer park near the golf course on Prescott Road in Hyattstown.

[Little Bennett Park, 23701 N. Frederick Road, Clarksburg, MD 20871](#)



[Midsummer Night's Mile](#)

Friday July 10 @ 7:00 pm - 8:30 pm

Dust off those spikes for the Midsummer Night's Mile at Rockville High School. It is a track mile, run in heats, and part of our Championship Series. The anticipated heats are: Runners with expected times greater than 8:45. Runners with expected times greater than 7:50 up to 8:45. Runners with expected times greater than 7:00 up to 7:50. Runners with expected times greater than 6:15 up to 7:00. Runners with expected times greater than 5:45 up to 6:15....

[Rockville High School, 2100 Baltimore Rd, Rockville, MD 20851](#)

[Rockville Rotary Twilight 8K](#)

Saturday July 18 @ 8:45 pm - 10:00 pm

Join us for the ever-popular summer 8K and post-race party. There is a t-shirt and entry fee for this race. Please see the event website for more information. Volunteer [Click here to volunteer](#).

[Rockville Town Square, 30 Maryland Ave, Rockville, MD 20850](#)

Get Trained



Summer/Fall 10K Program Registration Now Open

Have you completed a 5K and looking for a new challenge? Have a fall 10K race targeted and want a breakthrough in your training? Need the structure of a program to keep you running? Whatever the reason, come join the 2015 10K program to improve your endurance, have fun, and enjoy time on your feet with supportive friends.

The program starts on August 18th and has the Rockville 10K as its target race. For complete details [click here](#).

Summer/Fall 5K Run/Walk Training Registration Now Open

Whether you want to walk your way to improved health and fitness, begin running for the first time, recover from a running injury and/or layoff, or desire to become a faster shorter-distance runner, this program is for you! The program starts on August 19th (note: date change), and has the Rockville 10K/5K as its target race. For complete details [click here](#).

Race results

MCRRC Competitive Racing Team Results

courtesy of Nicolas Crouzier.

Western States 100 -- 2015-06-27

Robin Watkins 22:29:15 (Gender rank: 11th, Overall rank: 52nd of 254)

GRC Father's Day 8K -- 2015-06-21

Megan Haberle 30:26 (Gender rank: 2nd, Overall rank: 6th of 156)

Grandma's Marathon -- 2015-06-20

Ning Rui 2:49:36 (Age group rank: 115th of 1313, Gender rank: 144th of 3436, Overall rank: 192nd of 6075)

Weekly Workouts

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)

[So... you always wanted to be an Assistant Race Director](#)

[Riley's Rumble](#) is looking for a new Assistant Race Director this year (August 2) to become the 2016 Race Director.

Any race where a Race Director needs to be in two places at once, needs an Assistant Race Director (ARD). In many cases, this is where a knowledgeable person needs to supervise registration and race set-up, while another is marking the course, etc. Most assistant race directors are gaining experience to become race directors themselves.

The RD will include their ARD in all aspects of race planning, load out, operations, and unloading. The course must be marked, a task that often cannot be accomplished the day before the race. The race director generally does that. Another person is needed to organize things at registration, assign the volunteers, set up the start/finish line, and answer questions at registration.

Please contact president@mcrrc.org and/or office@mcrrc.org to express your interest, or with any questions that you might have.

[Excellent article from Running Times on How To Stand The Heat.](#)

Best point: "When heat and humidity start to creep higher, it's best to slow down. Your performance relative to the competition will often be better (though slower) if you remain conservative." (Don't tell the MCRRC Competitive Racing Team)

Volunteering: It makes the MCRRC the best running club in the country for all its members. Opportunities are available for all races [here](#).

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

Low-Key Races: MCRRC members may participate in all of our low-key races free of charge. Low-key races can be identified as those races that do not have a \$ sign next to their name and are listed in the "Races" tab on the homepage. Once you become a member, simply show up to your first low-key race of the year (regardless of the month) and tell the volunteers at the registration table that you are a new member. You will be issued a member bib and timing chip for the current year. Please bring a \$5 chip deposit with you. Once you have a member bib and chip, you will not need to visit the registration table for any other low-key races that year - simply show up wearing your bib and chip and head to the starting line! When the new year changes over, you may exchange your bib and chip from the previous year for new ones. Race results for low-key races are usually published on our website by 4pm on race day.

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

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



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