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## Montgomery County Road Runners

Friday, December 9, 2016

### Ins and Outs



Hi Runner:

Our last race of the year takes place this Sunday - the [Jingle Bell Jog 8K](#) at 9 a.m, followed by our **annual budget meeting** after the race. Please come out to participate and be informed about the club's plans for 2017. If you have not had a chance to review our **proposed 2017 budget**, please do so [here!](#)

The race still needs volunteers in every category, so if you are just attending the meeting, [give RD Cee-Cee a hand!](#)

The 2017 club calendar is now online, starting with [New Years Day 5K](#).

Before we get into the full swing of the holiday season, it's time to identify our **2016 MCRRC Volunteer of the Year**. This honor is awarded to the volunteer who has made the most significant or sustained contributions in the past year, taking into account both the time spent, results achieved, and greatest variety of personal effort given in support of MCRRC. If you would like to suggest a stellar MCRRC member for consideration as the 2016 Volunteer of the Year, please e-mail [Christina Caravoulias at clcruns@yahoo.com](mailto:Christina.Caravoulias@clcruns@yahoo.com).

[Suds & Soles](#) has a holiday promo! Register Friday or Saturday and receive:

- a 10% discount on registration
- a presentation ready certificate for gift giving
- the option to pick up a complementary Suds & Soles Tasting Mug ornament at this Sunday's Jingle Bell Jog.

[Register yourself and/or a friend for the 2017 Suds & Soles race now!](#)

Have you been nice or naughty? We have been granted permission to be on the **track at Montgomery College** on Tuesday/Wednesday nights at 7 pm, not earlier. Thanks for your cooperation.

[Regular registration](#) is open for the [2017 Pike's Peek 10k!](#) Register here or check out the [website](#) for details.

Best,  
I&O  
[ins\\_and\\_outs@mcrrc.org](mailto:ins_and_outs@mcrrc.org)

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## Upcoming Races and Volunteer Ops

### [Jingle Bell Jog 8K](#)

December 11 @ 9:00 am - 10:30 am (post race: annual meeting)

[Click here to volunteer.](#)

### [New Years Day 5K](#)

January 1 @ 10:00 am -11:00 am

[Click here to volunteer](#)

### [Country Road Race](#)

January 29 @ 8:00 am - 10:00 am

[Click here to volunteer](#)



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## Get Trained



### [Speed Development Program](#)

The lottery for the Cherry Blossom 10M is open and so is registration for the Speed Development Program. Sign up and get fast and ready! Orientation for the program is on January 14th.

### [Winter 5K Run/Walk Program](#)

The program starts January 7th. A great holiday gift for the lapsed or nascent runner in your life.

### [Stride Clinic](#)

Information about 2017 Stride Clinic dates are now [available here](#). The first clinic of the new year will be on January 7th.

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## Race results

### **MCRRC Competitive Racing Team Results**

courtesy of Nicolas Cruzier.

#### **California International Marathon -- 2016-12-04**

Ning Rui 2:41:36 (Age group rank: 25th of 380, Gender rank: 94th of 3334, Overall rank: 100th of 6174)

#### **Jingle All the Way 5K -- 2016-12-04**

Nicolas Cruzier 15:22 (Age group rank: 1st of 180, Gender rank: 1st of 987, Overall rank: **1st of 2899**)

Randy Smith 16:00 (Age group rank: 1st of 138, Gender rank: 6th of 987, Overall rank: 6th of 2899)  
Chris Shaw 16:18 (Age group rank: 1st of 88, Gender rank: 12th of 987, Overall rank: 12th of 2899)  
Shlomo Fishman 17:09 (Age group rank: 4th of 76, Gender rank: 23rd of 987, Overall rank: 23rd of 2899)  
Kunihiko Hayashi 17:32 (Age group rank: 2nd of 88, Gender rank: 29th of 987, Overall rank: 30th of 2899)  
David Storper 17:49 (Age group rank: 3rd of 88, Gender rank: 37th of 987, Overall rank: 39th of 2899)  
Exavier Watson 17:52 (Age group rank: 4th of 116, Gender rank: 38th of 987, Overall rank: 40th of 2899)  
Adrian Spencer 17:54 (Age group rank: 14th of 180, Gender rank: 39th of 987, Overall rank: 42nd of 2899)  
Argaw Kidane 18:49 (Age group rank: 3rd of 65, Gender rank: 57th of 987, Overall rank: 63rd of 2899)  
Dagmar Salazar 19:26 (Age group rank: 3rd of 380, Gender rank: 11th of 1912, Overall rank: 83rd of 2899)  
Eva Rodezno 20:57 (Age group rank: 12th of 367, Gender rank: 25th of 1912, Overall rank: 130th of 2899)  
Lisa Chilcote 20:59 (Age group rank: 2nd of 183, Gender rank: 26th of 1912, Overall rank: 132nd of 2899)  
Emily Pierce 21:28 (Age group rank: 2nd of 191, Gender rank: 30th of 1912, Overall rank: 147th of 2899)  
Elizabeth Thomas 21:30 (Age group rank: 3rd of 191, Gender rank: 32nd of 1912, Overall rank: 149th of 2899)

#### **Rehoboth Half Marathon -- 2016-12-03**

Cindy Conant 1:31:23 (Age group rank: 2nd of 85, Gender rank: 5th, Overall rank: 38th of 1547)

#### **Rehoboth Marathon -- 2016-12-03**

Yukun Fung 3:07:00.40 (Age group rank: 5th of 57, Gender rank: 25th, Overall rank: 26th of 872)

#### **Seneca Slopes 9K -- 2016-12-03**

Jeff Duyn 39:34 (Age group rank: 1st of 13, Gender rank: 2nd of 105, Overall rank: 2nd of 151)

#### **North Central Trail Marathon -- 2016-11-26**

Miles Aitken 2:45:35 (Gender rank: 2nd of 178, Overall rank: 2nd of 275)

#### **Turkey Burnoff 10 Mile -- 2016-11-26**

Nicolas Crouzier 55:25 (Age group rank: 1st of 9, Gender rank: 1st of 138, Overall rank: 1st of 250)  
Chris Shaw 58:07 (Age group rank: 1st of 26, Gender rank: 2nd of 138, Overall rank: 2nd of 250)  
Argaw Kidane 1:07:54 (Age group rank: 1st of 19, Gender rank: 16th of 138, Overall rank: 17th of 250)  
Cindy Conant 1:08:17 (Age group rank: 1st of 9, Gender rank: 2nd of 109, Overall rank: 19th of 250)  
Yukun Fung 1:08:57 (Age group rank: 5th of 17, Gender rank: 18th of 138, Overall rank: 21st of 250)  
Lisa Reichmann 1:18:36 (Age group rank: 5th of 22, Gender rank: 8th of 109, Overall rank: 56th of 250)  
Julie Sapper 1:18:36 (Age group rank: 4th of 22, Gender rank: 7th of 109, Overall rank: 55th of 250)

#### **Turkey Burnoff 5 Mile -- 2016-11-26**

David Storper 30:12 (Age group rank: 1st of 17, Gender rank: 1st of 118, Overall rank: 1st of 279)  
Eva Rodezno 35:46 (Age group rank: 1st of 14, Gender rank:

2nd of 157, Overall rank: 19th of 279)

#### **Race With Grace 10K -- 2016-11-24**

Randy Smith 33:40 (Age group rank: 2nd of 28, Gender rank: 2nd of 402, Overall rank: 2nd of 801)

#### **SOME Trot For Hunger 5K -- 2016-11-24**

Exavier Watson 17:23 (Age group rank: 7th of 340, Gender rank: 12th of 1309, Overall rank: 12th of 2768)  
Julie Sapper 20:22 (Age group rank: 4th of 299, Gender rank: 17th of 1454, Overall rank: 99th of 2768)

#### **Turkey Chase 10K -- 2016-11-24**

Mark Neff 36:33.52 (Age group rank: 1st of 171, Gender rank: 19th of 1615, Overall rank: 19th of 3166)

#### **Way Station's Turkey Trot 5K -- 2016-11-24**

Nicolas Crouzier 15:15 (Age group rank: 1st of 105, Gender rank: 2nd of 1336, Overall rank: 2nd of 3133)

*[See all results from the MCRRC racing team at raceteam.mcrrc.org](http://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](http://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.

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## **Oyez! (misc. notes)**

### **Club News**

#### **MCRRC race results:**

[Seneca Slopes 9K](#)

[Turkey Burnoff 5M](#)

[Turkey Burnoff 10M](#)

### **Member News**

Mark Wolfson placed first in his age group (men's 65-69) at the Veterans Day 10K in DC earlier this month.

### **Running News Roundup:**

Not about a local angle, but this [story on the storied Yonkers Marathon](#) should have some appeal to the RD in all of us.

### **Social:**

600 members and growing! [Follow MCRRC on Instagram](#). Catch the best of the best of running photography in the MD/DC/VA area curated from [mcrrcphotos.com](http://mcrrcphotos.com)!

Follow Speed Development Program Head Coach Tom Brennan on  
[Twitter @RunCoachTom](#)

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@mcrc.org](mailto:ins_and_outs@mcrc.org).

Eric London, Editor

Get social with us!



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