

Ins and Outs - Friday April 13

Carderock Thursday evening towpath runs (with an option for trailrunning) will be starting April 26 and continuing through the summer. Runners of all abilities are invited to join us.

The runs begin at 6:30PM and meet in the C&O Canal Park parking lot by the Carderock Recreational Area. They start up the C&O Canal towpath; runners can either do an out-and-back on the towpath or veer off into the adjoining trails by Great Falls (like the Valley Trail and the Gold Mine Loop) after about 2 miles on the towpath. We run at all paces, generally for an hour or slightly longer (usually 4-8 miles depending on pace). It's easy to shorten the distance if necessary. If you want to run on the trails, there are a couple of nice loop options from 6.5 to 8 miles in length.

For more information, see : <http://www.mcrrc.org/training/thursrun.php>

In addition, make note that our Wednesday night track workouts have moved (as of April 11) to the Montgomery College Track. Workouts there begin at 6:30PM. For more details, see: <http://www.mcrrc.org/training/track.php>

Send your notices, questions and comments to be included in this bi-weekly email. Send items to ins_and_outs@mcrrc.org.

Laura Evans, Editor

OFF TO THE RACES

8K Spin in the Woods (XC)

Saturday, April 14, 2012, 9AM - Great Falls, VA

This year's event features dirt trails, forest, and obstacles (small creek, mostly-dry creek bed, and fallen trees) to jump over and duck under. It's so much fun that you'll get to do it twice in the two-loop, 8km course.

The race is part of our low-key club race series and is free for MCRRC members, \$10 for non-members 18 and over, and \$5 for non-members under 18. Registration is race-day only starting an hour before the race.

For more information: http://www.mcrrc.org/racing/2012/race_descriptions.php#spin_in_the_woods

Print out and fill out the [Registration Form](#) in advance and bring it to the race.

Capital for a Day – Brookeville 5K (CS) (YR)

Saturday, April 21, 2012 – Rosa Parks Middle School, 19200 Olney Mill Rd., Olney

- 8:00AM 5K race (CS)
- 8:00AM 0.25 mile and 0.5 mile young run (YR)

The race commemorates the fact that tiny Brookeville, MD served as the U.S. Capital overnight, when President James Madison and his staff stayed there during the War of 1812. According to the town's official history: "For two days during the British occupation of the capital in 1814, the President conducted the business of the Federal government" from the home of Caleb Bentley, Brookeville's postmaster.

During the 5K, you'll get to run the rolling hills of the neighborhood barely a mile from that historic event.

Capital for a Day is free for MCRRC members, \$10 for non-members 18 and over, and \$5 for non-members under 18. Registration is race-day only starting an hour before the race.

For more info: http://www.mcrrc.org/racing/2012/race_descriptions.php#brookeville_5k

Firebirds Mile

Thursday, April 26, 2012 – Watkins Mill High School, 10301 Apple Ridge Rd., Gaithersburg

- 6:45PM Kids Fun Run 0.25 mile
- 7:00PM Firebirds 1 Mile race

Co-sponsored with the Gaithersburg Firebirds, this track event is for adult and youth runners.

Please see the [event website](#) for more information.

Pike's Peek 10K

Sunday, April 29, 7:50AM

One of MCRRC's most popular races, Pike's Peek is a point-to-point from Shady Grove Metro to White Flint, where runners will enjoy great food, music and more. A series of youth runs also take place at White Flint. Note that this is a Green Team event, so if you have running shoes to recycle or donate, bring them with you to packet pickup.

For more details and to register, see the [event website](#).

Kids on the Run – a little homework to do in advance

Registration is now open for Kids on The Run, which takes place on Saturday, May 12th at Bohrer Park in Gaithersburg.

We will be offering the Kids Marathon event again this year. So parents, encourage and help your kids, their friends, your neighbor's kids to run (25) individual miles between now and race morning. Then they can come out to complete the last 1.2 miles (2K) to receive a Kids Marathon Finisher award. Keep track of their miles in the running log found on the website:

http://www.mcrrc.org/races/KidsOnTheRun/KOTR_AND_KIDS_MARATHON_LOG.pdf.

The day's events include:

- 8:30AM 0.5km & 1km (YR)
- 8:30AM 2km (JP)

- 8:30AM 100 meter toddler trot

For more on the event and to register, visit: <http://www.mcrrc.org/races/KidsOnTheRun/>

Get the full schedule of MCRRC races for the year here:

<http://www.mcrrc.org/racing/2012/schedule.php>.

VOLUNTEER OPS

Spin in the Woods could use a hand

Able and enthusiastic volunteers are needed for the Spin in the Woods cross country race at Great Falls, VA on Saturday, April 14 at 9AM. There are jobs including equipment loading, course layout and set up that you can do and still run. Also, please consider carpooling!

If you would like to help, send an email to Ted Hsu at tch32@msn.com or fill out the MCRRC Volunteer Form at <http://www.mcrrc.org/volunteer.php>.

Spring cleaning on our favorite trail

Make plans to join MCRRC and members of the community on Earth Day, Sunday, April 22, to spruce up both the Rock Creek and the Matthew Henson Trails, starting with registration at 8AM and cleanup beginning at 9AM. Meet at KenGar Palisades Park, 11000 Beach Drive, Kensington. For more details, visit: http://www.mcrrc.org/racing/2012/race_descriptions.php#spin_in_the_woods

Pike's Peek needs you

MCRRC's biggest spring race (Sunday, April 29) is now accepting volunteers. Sign up now to help with the race and reserve your volunteer fleece pullover! Find out more here: <http://pikespeek10k.com/>

The race will need approximately 350 volunteers before, during and after the 10K, so even if you're planning to race, consider signing up for a pre-race day job.

Note: Please remember to include a valid email address when you fill out the online volunteer form. Without it, your volunteer coordinators and race directors have no way to contact you about your volunteer assignments.

TRAINING PROGRAMS

8K Training Program

Registration is open for the 8K Program, which trains runners who have already done a 5K or 10K and are looking to improve their speed. The program begins with orientation on April 25 and prepares runners for the Rockville Twilighter 8K on Saturday, July 21. Runs are on Wednesdays and Sundays.

For more details and to register online, visit: <http://www.mcrrc.org/programs/EightK.php>.

First Time Marathon Program Now Open

Embrace the challenge! Sign up to do your first 26.2-mile race. Entry requirement: You must be able to run at least 6 miles. Find out more details, including what the new coaches have planned, here:

<http://www.mcrrc.org/programs/ftm/ftmmartngman.php>.

MEMBER MOMENTS

Keep your running buddies up to date on your latest personal milestones – send a note about these occurrences to our new print publication, *Intervals*.

Intervals includes a “Member Moments” feature where members can share personal triumphs such as PRs, first marathon or new grandchild

Send items for the column to Susan Debad, office@mcrrc.org.