

Ins and Outs - Friday April 27

Don't forget to bring your used running shoes and technical running clothes to Pike's Peak packet pickup.

The Green Team will collect used shoes at packet pick-up for Pike's Peek on Friday 4/27 and Saturday 4/28. Shoes with some life left will go to people in need in Montgomery County community via Interfaith Works <http://www.iworksmc.org/>. Well-worn shoes will be transformed into athletic surfaces and other products via Nike's Reuse-A-Shoe program.

Used men's and women's technical running clothing will be donated to Back On My Feet to provide running apparel to the homeless and other underserved populations in the area. Please make sure these items are machine washed.

NOTE: Collection bins for shoes and clothing will be available on Sunday morning for limited collection at gear check, NOT at the finish line. We encourage everyone to bring your items to packet pickup either FRIDAY or SATURDAY. Questions? Email greenteam@mcrrc.org

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

Pike's Peek 10K

Sunday, April 29, 7:50AM

If you plan to run this popular race, don't forget you'll need to drive to the start at Shady Grove Metro Station. Metro trains won't be running in time to get you there in time for the race start. Packet Pickup occurs today from 3 – 8 PM and Saturday from 10 AM to 4 PM at White Flint Mall.

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

Kids on the Run – Update on the events

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

The day's events now include:

- 8:30 AM – 100 meter Toddler Trot
- 8:30 AM – 0.5 Mile Run
- 8:30 AM – 1 mile run
- 8:30 AM – 2K (1.2 mile) run*

*This is the final leg of the Kids' Marathon event.

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

Pike's Peek needs you

We still need volunteers for a few key jobs on race day. Sign up now to help with the race and reserve your volunteer fleece pullover! Find out more here: <http://pikespeek10k.com/>

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

Summer Half Marathon Program registration is now open!

The summer half marathon program is designed to build and improve runners to successfully run 13.1 miles. The program can be personally adapted to challenge runners of all calibers to complete the Parks Half Marathon on Sept. 9 and other fall races as well. The coaching staff guarantees individual attention to ensure all participants are pushed to the goals they aspire to achieve. Our program begins on Sunday May 20th and will meet Sunday mornings and Wednesday evenings. There will be an additional 2 – 3 runs per week and/or crosstraining. We will vary our running locales throughout the county.

Register here: <https://www.signmeup.com/site/reg/register.aspx?fid=8D2VKJ7>

First Time Marathon Program

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>.

CLUB RUNS

The Tuesday/Thursday Needwood runs resume Thursday May 3rd at 6:30pm

Come out and join us on the beautiful Rock Creek Trail. We meet in the parking lot at the trail head at 6:30 PM. We will continue to run here until early September. The route is an out and back so runners can do any distance. Most runners do between 4-7 miles.

Direct any questions to Debbie Shulman at dshulman@aol.com.

For more info, visit: <http://www.mcrrc.org/training/tteasy.php>

Don't forget that the Thursday night Carderock runs have also resumed for the summer (start time: 6:30 PM). Also, Wednesday night track workouts have moved once again to Montgomery College track (also 6:30 PM).

CLUB BUSINESS

See what's coming up with MCRRC: View the minutes of the March Board of Director's meeting here: http://www.mcrrc.org/minutes/2012-03_bod_minutes.pdf

OTHER HAPPENINGS

Inaugural Derek Sheely LEAD THE WAY 4 Miler

Saturday, June 2, 2012, 8:00 AM

Northwest High School, 13501 Richter Farm Road Germantown, MD

Registration: \$25 until May 5, \$35 until May 29, \$40 on Race Day

Held in honor of Derek Sheely, this race is to increase awareness and raise money for critical concussion and brain injury research. The inaugural 4-mile out-and-back run and 1-mile walk is at Northwest High School and the neighborhood where Derek grew up. There's a unique stadium start and finish, medals for all finishers, music, and door prizes.

Register at Active.com or through the Derek Sheely Foundation website:

<http://www.thedereksheelyfoundation.org/>

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.