

Ins and Outs - Friday May 25

What exactly is a Juni Rennen?

It means June Run in German, and in MCRRC it means run a 5K in Germantown on Sunday, June 3 at 8 AM.

Juni Rennen is a new club race (Championship Series) that needs a lot of volunteer support, so come on out and help out! It's a lot of fun, and maybe you could get some more German lessons. Get more details about the race here:

http://www.mcrrc.org/racing/2012/race_descriptions.php#capital_crescent

Sign up to volunteer here: <http://www.mcrrc.org/volunteer.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

VOLUNTEER OPS

Lend a hand at the Memorial Day 4 Miler

Mark Memorial Day in a meaningful way by assisting as a course marshal or with registration, the finish line, water stop or refreshments at the Memorial Day 4 Miler at the Rock Creek Valley School in Rockville on Monday, May 28. The race still needs many volunteers!

The event includes:

- 8 AM 4 mile race,
- 8:05 AM 1 mile fun run (JP series)

As is tradition, we'll be reading off the names of anyone club members wish to remember on this special day - family members, other club members, etc. Please e-mail the names, with pronunciation if necessary, directly to race director Ashley Zuraf at runnerark@yahoo.com.

The race also will have the memorial table set up in the start/ finish area if you would like to display a photo or small memento of your loved one during the race. Click here for more about the race:

http://www.mcrrc.org/racing/2012/race_descriptions.php#memorial_4m

Sign up to volunteer here: <http://www.mcrrc.org/volunteer.php>

OFF TO THE RACES

Evening cross country adventure

Unwind after a long work week with a 5K dash at the Run with the June Bugs Cross Country (XC

series). It's Friday, June 08, 2012 at 7 PM at the Agricultural History Farm Park in Derwood.

Get more details here: http://www.mcrrc.org/racing/2012/race_descriptions.php#memorial_4m

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: \$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/>

Annual Beth Walton 5K Run/Walk

This event, Sunday, June 10 in Wheaton Regional Park, helps benefit the Ovarian Cancer Research Fund. For more details and to register, visit: <http://www.bethwalton5k.com/>.

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.