

Ins and Outs - Friday June 8

If you're planning to join the Experienced Marathon Program (XMP) program and you haven't yet signed up, the coaches suggest that you do so quickly as the orientation meeting is tomorrow. The first scheduled long run is Saturday, June 16th. The program may close-out by then, so don't hesitate to sign up. Find out more about XMP: <http://www.mcrrc.org/programs/expmar/expmarathon.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

June Bug 5K cross country (XC) adventure

Head to the Agricultural Farm Park in Derwood tonight at 7 to Run with the June Bugs. This zippy cross-country 5K is part of MCRRC's Cross-Country Series. It's free for club members. Registration is race day only. Cost for non-members under 18 is \$5, and \$10 for runners 18 and up. Get more details: http://mcrrc.org/racing/2012/race_descriptions.php#june_bugs_xc

VOLUNTEER OPS

Run for Roses – help support women's running

Lend a hand with course marshaling, water stops, or a host of other volunteer jobs at this scenic women's 5K, on Saturday, June 16 in Wheaton Regional Park.

Find out more about the race: <http://www.mcrrc.org/races/RunForRoses/>

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

TRAINING PROGRAMS

Registration now open for Fall 10K Training program

Kick your running up a notch while you train for the Rockville 10K (Sun. Nov. 4) with this fun and challenging program, which begins with orientation on Saturday, July 28. This year's program will include a Tuesday track workout and a Saturday long run. In addition – new this year – there will be a third coached run on Thursday evenings.

Get more details: <http://www.mcrrc.org/programs/smart.php>

OTHER HAPPENINGS

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.