

Ins and Outs for Friday, April 1, 2011

Welcome Spring! No April Fool's – we're ready!!! If you have an item for Ins and Outs, or any questions or comments, please email [ins\\_and\\_outs@mcrcc.org](mailto:ins_and_outs@mcrcc.org).

Karen Kincer, Editor

## OFF TO THE RACES

### Spin in the Woods 8K

The 2011 Cross Country Series kicks off on Saturday, April 9 with the inaugural Spin in the Woods 8K, formerly known as the Difficult Run. Race time for this 8K cross country race is 9:00 AM and the start is still at Scott's Run Nature Preserve in McLean. I hear that all the rocks, roots, ruts and other obstacles are still in place as well. Please read the directions on the MCRRC website very carefully and consider carpooling if you can – parking is very limited.

[http://www.mcrcc.org/racing/2011/race\\_descriptions.php#spin\\_in\\_the\\_woods](http://www.mcrcc.org/racing/2011/race_descriptions.php#spin_in_the_woods)

### Firebirds Mile

On Thursday, April 14, the Gaithersburg Firebirds Youth Track Club of Montgomery County and Montgomery County Road Runners Club will join forces to conduct the 9th annual MCRRC/Firebirds Mile. The event begins at 7:00 PM at Watkins Mill High School in Gaithersburg. This all-comers multi-heat track competition welcomes runners from age 6 up. There will be a non-competitive, ¼ mile kids run at 6:45PM. Registration for MCRRC and Firebirds members is race day only however if you know of non-members who wish to compete there will also be a pre-race registration at Fleet Feet in Gaithersburg on Wednesday, April 13 from 5:00 PM to 7:00 PM.

[http://www.mcrcc.org/racing/2011/race\\_descriptions.php#firebirds\\_mile](http://www.mcrcc.org/racing/2011/race_descriptions.php#firebirds_mile)

### Pike's Peek 10K

The 16<sup>th</sup> Annual Pike's Peek 10K will be held on Sunday, April 17. The popular 10K, a PR course for many, runs from Shady Grove Metro to White Flint Mall. The finish line festival at White Flint Mall will include food and music as well as a 50K Toddler Trot and 1K Family Fun Run. If you are planning to run and have not signed up, registration fees increase on April 3 so don't delay!

<http://pikespeek10k.com/signup.htm> Over 300 volunteers are needed to conduct Pike's Peek so if you aren't running this year join in the fun as a volunteer! <http://pikespeek10k.com/volunteer.php>

## VOLUNTEERS

The spring race calendar is looking mighty busy and we need some great volunteers to make all of our races happen. Please visit the MCRRC web page to sign up! <http://www.mcrcc.org/volunteer.php>

### Rock Creek Trail Clean Up

In honor of Earth Day, on April 16, the club will be organizing a group to clean up sections of the Rock Creek Trail. Groups will work along all sections of the trail and feeder trails but not in the stream itself.

This is a great opportunity to give back to the community and improve an area that we many of us enjoy so often. [http://www.mcrrc.org/racing/2011/race\\_descriptions.php#rock\\_creek\\_cleanup](http://www.mcrrc.org/racing/2011/race_descriptions.php#rock_creek_cleanup)

#### Pike's Peek

Pike's Peek the first major race on the MCRRC calendar for the year (April 17), still needs volunteers especially course marshals and people to work at water stops. Please sign up on the Pike's Peek website for the volunteer job of your choice. <http://pikespeek10k.com/volunteer.php>

#### TRAINING PROGRAMS

##### 8K Spring Training Program

If you've been hiding out on the treadmill all winter, or just need some motivation to get out there running regularly again, the 8K Spring Training Program might be your answer. The program is designed for those who have run a 5K or 10K race and would like to improve their speed and train in a group setting, though novice runners are also very welcome. The race targets the Rockville Rotary Twilight Runfest on July 16. Full details are on the club website. <http://www.mcrrc.org/programs/EightK.php> Individuals who have questions should contact Coach Shirley Skorbiansky ([sskorbiansky@gmail.com](mailto:sskorbiansky@gmail.com)).

##### First Time Marathon Program

Registration for the First Time Marathon (FTM) Program is also open. FTM is a 6 month program that will prepare runners who are able to run at least 6 consecutive miles for their first marathon, generally the Marine Corps Marathon in October. There is an orientation for the program, which begins in May, on April 10 and complete details including criteria for participation are on the website.

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

#### TEAM NEWS

This weekend MCRRC will field eleven teams at Cherry Blossom, seven masters and four in the open division with over 50 runners from the club. Good luck to everyone!

#### GREEN TEAM

##### Got shoes?

The Green Team will be collecting all types of shoes at Pike's Peek PACKET PICK-UP at White Flint Mall on Friday, April 15 and Saturday, April 16!

Shoes with some life left will go to someone in need via local and international charitable organizations, while well-worn shoes will be transformed into athletic surfaces and other products via a partnership with Nike Reuse-A-Shoe.

Please wash sneakers with some life left, and if they have laces, tie them together. (There are different ways to wash sneakers, but I toss them in the washing machine and wash with cold water, then stuff them with newspaper to absorb moisture and allow them to air dry.)

NOTE: Collection bins will be available at Packet Pick-up ONLY (NOT the Starting or Finish Lines).

Questions? Email: [greenteam@mcrrc.org](mailto:greenteam@mcrrc.org) or visit <http://pikespeek10k.com/greenteam.htm>

## RMS RACES

RMS Races are races for which MCRRC has been hired to provide timing or other logistical support. They are not sponsored by MCRRC and are not part of our club race series but are great races to come out and run and many benefit great local charities.

Upcoming races:

### [Northfield Roadrunner 5K](#)

Sat 4/2 8:00am

Ellicott City, MD

### [Azalea Classic](#)

Sat 4/9 8:30am

University Park, MD

### [Clarksburg 5K](#)

Sat 4/9 8:30am

Clarksburg, MD

### [Lions' Roar 5K](#)

Sat 4/16 9:00am

Bethesda, MD