

Ins and Outs for Friday, April 15, 2011

Good luck to all MCRRC runners who are competing in the Pike's Peek 10K, the goal race for our popular Speed Development Program, as well as those competing in the Boston Marathon on Monday! And many, many thanks to those of you have volunteered to help out at Pike's Peek this weekend! If you have an item for Ins and Outs, or any questions or comments, please email ins_and_outs@mcrcc.org.

Karen Kincer, Editor

OFF TO THE RACES

Pike's Peek 10K

The 16th Annual Pike's Peek 10K will be held this 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 yet you can still register at Packet Pick Up at White Flint Mall in Bertucci's from 3:00 PM to 8:00 PM on Friday, 10:00 AM to 4:00 PM on Saturday or at the race site on Sunday morning. Please do try to come to Bertucci's to pick up your bib and chip or to do your late registration. The lines on Sunday morning can get very long! Registration for the Fun Runs will also be at Bertucci's but on race day, Fun Run registrations will ONLY be at White Flint, not at the start. And remember, DO NOT take Metro to the start. You will not get there in time!!!

Run Aware 5K

The new and improved Run Aware 5K will be held on Sunday, May 1 at Cabin John Park in Potomac. This year's event will be a cross country race and will include ¼ and ½ mile young runs as well as a 1K junior participation race. Events begin at 8:00 AM and registration is race day only.

http://www.mcrcc.org/racing/2011/race_descriptions.php#run_aware

Capital for a Day 5K

For those of you not up for the trails of Cabin John, the Capital for a Day 5K will be held on Saturday, May 7 at Rosa Parks Middle School in Olney. There will be young runs at 8:00 AM, followed by the 5K at 8:20 AM. http://www.mcrcc.org/racing/2011/race_descriptions.php#brookeville_5k

Kids on the Run

Kids on the Run will be held on Sunday, May 15. Registration for this popular kids' event is now open on line or via mail. Registration fees increase after May 5! <http://www.mcrcc.org/races/KidsOnTheRun/>

VOLUNTEERS

Reminder, the club's annual Rock Creek Trail Clean Up day is tomorrow! Information is online. 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.mcrcc.org/racing/2011/race_descriptions.php#rock_creek_cleanup

If you are running Pike's Peek this weekend, be sure to thank a volunteer! It takes over 300 volunteers to put on this great event.

Did you know that it takes around 30 volunteers to put on the average low key club race? If you enjoy MCRRC's races and events please come out and volunteer! Most jobs are not difficult and it is really fun to meet and work with other club members. You can sign up to volunteer for any of our races on the club website. <http://www.mcrrc.org/volunteer.php>

TRAINING PROGRAMS

Training Programs for the spring and summer are gearing up! The 8K Spring Training Program, the First Time Marathon Program, the Beginning Women Runners and the Half Marathon Training Program are all taking registrations and beginning their training. At press time, it is not too late to sign up for any of these great programs. These programs are a great way to focus your training, meet new runners and work towards a goal race. Details, as well as registration information for each program are on the website. <http://www.mcrrc.org/programs/>

WEEKLY WORKOUTS

The Tuesday/Thursday night runs are getting ready to move to their spring and summer home. Beginning April 21, the runs will begin at 6:30pm at Lake Needwood, in the parking lot at the head of the hiker/biker trail. The runs are open to all club members, regardless of pace and there will be an attempt to place runners of similar paces into groups. The out and back course also makes it easy to lengthen or shorten your run.

TEAM NEWS

Congratulations to all those who ran on MCRRC's teams at the recent Cherry Blossom 10 Miler. Our top Open Men's team was 6th, our top Open Women's team was 5th and MCRRC's top Coed Masters team came in 4th place!

Good Luck to our Men's and Women's Open and Masters Teams competing in the Boston Marathon on Monday!

Rob Magin Team Run

A team has been created to run in memory of long time club member Rob Magin at the upcoming Race for Hope on May 1. Team members will run, walk or participate virtually to raise money for Brain Cancer research in memory of Rob, a great runner, dad, husband and friend who died of brain cancer nearly a year ago. You can access the team website for complete details.

http://www.brainumorcommunity.org/site/TR/Events/RFH-DC?team_id=45574&pg=team&fr_id=1651

GREEN TEAM

Got shoes?

The Green Team will be collecting all types of shoes at Pike's Peek PACKET PICK-UP at Bertucci's 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 one of the best is to 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 Start or Finish Lines).

Questions? Email: greenteam@mcrcc.org or visit <http://pikespeek10k.com/greenteam.htm>

NON CLUB NEWS (Published with permission of the Board)

Youth Running Camp

The West Virginia Mountain Trail Runners are sponsoring a wilderness running camp for high school aged runners, the 2011 Spruce Mountain Running Camp. The camp will take place from July 3-9 at The Mountain Institute in Pendleton County, WV and is designed as an early season boost for your cross country season. More information can be found at <http://www.wvmtr.org/events/camp/>

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:

[Lions' Roar 5K](#)

Sat 4/16 9:00am
Bethesda, MD

[Takoma Park Safe Routes 5K](#)

Sun 5/1 8:00am
Takoma Park, MD

[Woodacres Jogfest 5K](#)

Sat 5/7 7:00am
Bethesda, MD