

Ins and Outs for Friday, December 10, 2010

I hope everyone is enjoying the beginning of this Holiday Season and squeezing in a chilly run here and there. We've still got one more race on the MCRRC calendar and will kick off our 2011 race series on New Year's Day. If you have an item for Ins and Outs, or any questions or comments, please email, ins_and_outs@mcrcc.org. Note: Ins and Outs is distributed every other week, usually the 2nd and 4th Friday of each month. To ensure that your items are included in an upcoming newsletter, please submit any requests by the 2nd or 4th Wednesday of the month. Thanks!

Karen Kincer, Editor

OFF TO THE RACES

Jingle Bell Jog 8K

Get in the holiday spirit at the Jingle Bell Jog 8K, which will take place this Sunday, December 12th at 9:00am at the Senior Center in Rockville. This is the last race in the 2010 MCRRC Championship Series. A one mile fun run will begin just after the 8K runners clear the start area. The 8K race is followed by MCRRC's annual business meeting in the Carnation Room at the Senior Center.

http://www.mcrcc.org/racing/2010/race_descriptions.php#jingle_bell_jog

New Year's Day 5K

The New Year's Day 5K will be held on January 1, 2011. You get to sleep in for this one – race time is 10:00am. The event will take place at the old Philbin's Fitness Center at 9168 Gaither Road in Gaithersburg. Arrive early, as all members will need to register and receive a new chip for the 2011 race series.

2011 MCRRC Race Schedule

The complete 2011 race schedule should be on the MCRRC website within the next week.

IPICO TIMING SYSTEM (or what happens to my chip in the new year?)

The IPICO Timing System will once again be used to time and score the MCRRC 2011 Low Key Race Series.

Members who have a chip from the 2010 race series should bring the 2010 chip to the first race they run in 2011. Your 2010 chip will be exchanged for a 2011 chip at no charge. If you forget to bring your 2010 chip to the first race you run in 2011, you will be charged a \$5 deposit. You will be able to get a refund if you turn your 2010 chip in at a later race.

Members who do not have a 2010 chip will need to register as usual and pay a \$5 deposit for a chip for the 2011 race series.

VOLUNTEERS

THANK YOU to all of the people who dedicated so many hours this year to making MCRRC's races and events some of the best anywhere. We are all fortunate to live in an area where there are enough people willing to come out and volunteer their time to put on such high quality races, from efforts like Pike's Peek to the smallest of our low key races. The next time you are out running one of our races, please be sure to thank the volunteers who are there making it happen. And remember to volunteer yourself, you can always visit the volunteer page on MCRRC's website.

<http://www.mcrrc.org/volunteer.php>

TRAINING PROGRAMS

New Winter Half Marathon Program

Coach Beth wants to know - have you made your New Year's resolution yet? If you have not yet resolved to run this winter, here is an easy resolution to make and keep - run with the new winter half-marathon program with over 150 people who will run from flakes to flowers!

<http://www.mcrrc.org/programs/winterhalf.php>

Registration for the Speed Development Program is still open but there are only about 50 spots left so don't hesitate to sign up for this popular program.

http://www.mcrrc.org/programs/speed_development/

Winter Training Runs

Wanda Walters and MCRRC Board Member Karen Craney are coordinating informal runs for MCRRC Members on the Capitol Crescent Trail, Saturday mornings at 8:00am (just to be consistent w/ previous use). Runners should meet in the parking lot across from Barnes and Noble in Bethesda BEFORE 8:00am to gather into groups of similar paces. This group run will take place into 2011 until the beginning of the club's winter training programs in January. Stay tuned to mcrrc-info for schedule changes due to weather, events in Bethesda or to avoid conflict with the club's race calendar.

Larry Culkin and Jeff Lang are coordinating informal runs Sunday mornings at 8:00am at Ken-Gar Park in Kensington, just off Beach Drive. Groups of varying paces will run 8 – 12 miles. This run takes place year round.

CLUB BUSINESS

Club Budget

The Estimated Budget for 2011 is available on the website for those of you who wish to preview it. The budget will be formally presented at the Annual Club Business Meeting following the Jingle Bell Jog on December 12th. Anyone who has immediate questions or comments may email treasurer@mcrrc.org.

http://www.mcrrc.org/club-business/2011_Budget.pdf

Board of Director's Minutes

The Minutes from the November meeting of the Board of Directors are available on the club website. http://www.mcrrc.org/minutes/2010-11_bod_minutes.pdf

Awards Deadline

Nominations for the following 2010 MCRRC awards are due TODAY:

- Mike Broderick Memorial Coach of the Year
- Most Improved Runner (male & female)
- Outstanding High School Runner (male & female)

Details and online nomination forms are at on the website. <http://www.mcrrc.org/awards/>

You will also find information about other awards such as Volunteer Service and Runner of the Year.

Save the Date!

MCRRC's annual awards party will be held on Sunday, February 13, 2011 at the Rockville Hilton from 4:00pm to 9:00pm. Look for more information on the website and in your mailbox soon!