

Ins and Outs for Friday, December 24, 2010

To all of those celebrating the holiday tomorrow, may it be joyous and memorable and to everyone please enjoy a safe and happy New Year's holiday. And of course, don't forget to start your New Year on the right foot at the New Year's Day 5K! 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

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 10:00 AM. 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. [http://www.mcrcc.org/racing/2011/race\\_descriptions.php#new\\_years\\_day](http://www.mcrcc.org/racing/2011/race_descriptions.php#new_years_day). You can save time at registration by printing out and completing your form before you go.

[www.mcrcc.org/racing/2011/club\\_race\\_entry\\_form.pdf](http://www.mcrcc.org/racing/2011/club_race_entry_form.pdf)

Shooting Starr

The Shooting Starr 4 Miler will be held on Saturday, January 15<sup>th</sup> at 8:00 AM. The race starts on the Sligo Trail behind the Sligo Recreation Center. The approximately 4 mile long race is the first of eleven races in the MCRRC 2011 Championship Series.

[http://www.mcrcc.org/racing/2011/race\\_descriptions.php#shooting\\_starr](http://www.mcrcc.org/racing/2011/race_descriptions.php#shooting_starr)

2011 MCRRC Race Schedule

The complete 2011 race schedule is available on the MCRRC website.

<http://www.mcrcc.org/racing/2011/schedule.php>

2011 Championship Series

If you are planning to run the 2011 Championship Seriesm you might want to start out by checking out the schedule and rules, both of which are posted on the MCRRC website. (Just scroll down for the rules.) [http://www.mcrcc.org/racing/2011/championship\\_series.php](http://www.mcrcc.org/racing/2011/championship_series.php)

The schedule and rules for the 2011 Cross Country Series are also available.

[http://www.mcrcc.org/racing/2011/cross\\_country\\_series.php](http://www.mcrcc.org/racing/2011/cross_country_series.php)

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

The first races of the 2011 Low Key Race series are now listed on the website for volunteer sign-up. If you think you are able to volunteer for a race, please go ahead and sign up as early as possible. It will help you organize your calendar and help the race director plan appropriately and avoid that last minute begging! <http://www.mcrrc.org/volunteer.php>

## TRAINING PROGRAMS

### New Winter Half Marathon Program

The Winter Half Marathon Program might be full by the time you read this. If you wanted to sign up, do so as quickly as possible and grab one of the last few spots. Good luck to everyone in the program! <http://www.mcrrc.org/programs/winterhalf.php>

Registration for the Speed Development Program is still open but there are just a few spots left so don't hesitate to sign up for this popular program. [http://www.mcrrc.org/programs/speed\\_development/](http://www.mcrrc.org/programs/speed_development/)

### Winter Weather

Please remember to stay in touch with MCRRC via our website, our social networking groups and most importantly mcrrc-info and mcrrc-alert for updates to the club schedule over the next few months as the winter weather may bring some cancellations or changes to scheduled workouts or races.

## CLUB BUSINESS

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 web and in your mailbox soon! [http://mcrrc.org/forms/MCRRC\\_AwardsPartyInvite2011.pdf](http://mcrrc.org/forms/MCRRC_AwardsPartyInvite2011.pdf)