

Ins and Outs for Friday, February 18, 2011

Time to get racing again! After what seems like a long break, MCRRC's 2011 Low Key Race Series gears up again this weekend with the Country Road Run on Sunday morning. From here, it's on to the Greenway Trail Marathon, Piece of Cake and into the busy spring racing season. Enjoy the beautiful weather this week and see you at the races!

If you have an item for Ins and Outs, or any questions or comments, please email [ins\\_and\\_outs@mccrc.org](mailto:ins_and_outs@mccrc.org).

Karen Kincer, Editor

## OFF TO THE RACES

### Country Road Run

The Country Road Run will be held Sunday, February 20 at 8:00 AM at the Olney Swim Center. The 5-mile race is the second in the 2011 Championship Series. There will be a one-mile Junior Participation Run beginning at approximately 8:05 AM. To save time at registration, print out and bring a completed Club Race Entry form ([http://www.mccrc.org/racing/club\\_race\\_entry\\_form.pdf](http://www.mccrc.org/racing/club_race_entry_form.pdf)).  
[http://www.mccrc.org/racing/2011/race\\_descriptions.php#country\\_road](http://www.mccrc.org/racing/2011/race_descriptions.php#country_road)

### RRCA 10-Mile Challenge

MCRRC is poised for a great turn-out for the RRCA 10 Mile Challenge on February 27! Over 140 MCRRC runners have signed up so far with hopefully many more to come. If you haven't registered yet, you can sign up to represent MCRRC on the Howard County Striders website. The race includes a large team competition for the Maryland RRCA clubs. MCRRC will pay entry fees for members who participate.  
<http://www.striders.net/races/rrca/>

### Seneca Creek Greenway Trail Marathon and 50K

This point-to-point trail race on Saturday, March 5, will begin at Damascus Regional Park in Damascus and will end at Riley's Lock on the Potomac River. The race begins at 8:00 AM. Shuttles will be provided from Riley's Lock (the finish) to Damascus Regional Park (the start) at 6:45 AM on race morning. There will not be an early start this year. Pre-registration is open and there is a group training run scheduled for tomorrow morning. Full details are on the race website and volunteers are also needed!  
<http://senecacreektrailrace.com/>

## VOLUNTEERS

All of MCRRC's 2011 races are now listed on the website for volunteer sign-up. Please take a look and pencil in a couple of races to volunteer for this year. <http://www.mccrc.org/volunteer.php>

If you wish to volunteer for the Pike's Peek 10K, the first major race on the MCRRC calendar for the year (April 17), you can now sign up on the Pike's Peek website for the volunteer job of your choice.

[www.pikespeek10k.com](http://www.pikespeek10k.com)

#### GREEN TEAM

If anyone has been inspired by this week's weather and is getting a head start on your spring cleaning be sure to set aside those old running shoes for the Green Team shoe drives that will be coming up this year. You can read about the Green Team's efforts and their targeted races for this year on MCRRC's website. <http://www.mcrrc.org/greenteam/>

#### CLUB BUSINESS

##### 2010 Awards Dinner

The Annual Awards Dinner was held on Sunday, February 13. A complete list of winners for both running and volunteer awards is on the website. Congratulations to all of this year's nominees and winners! <http://www.mcrrc.org/awards/2010/>

##### Board of Director Meeting Minutes

Minutes from the January meeting of the Board of Directors are available on the club website. [http://www.mcrrc.org/minutes/2011-01\\_bod\\_minutes.pdf](http://www.mcrrc.org/minutes/2011-01_bod_minutes.pdf)

##### Race Directors Meeting

A meeting for all MCRRC Race Directors will be held this Sunday, February 20 at 10:00AM at the Olney Swim Center (following the Country Road Run). George Tarrico is urging all race directors to attend.