

Ins and Outs for Friday, February 4, 2011

It's time to celebrate! The MCRRC Annual Awards Dinner is next Sunday, February 13, from 4:00 PM to 9:00 PM at the Rockville Hilton. If you have not yet registered, you can sign up online or mail your check **TODAY**. The organizers need a final count by Monday, February 7!

[http://www.mcrrc.org/forms/MCRRC\\_AwardsPartyInvite2011.pdf](http://www.mcrrc.org/forms/MCRRC_AwardsPartyInvite2011.pdf)

If you have an item for Ins and Outs, or any questions or comments, please email [ins\\_and\\_outs@mcrrc.org](mailto:ins_and_outs@mcrrc.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.mcrrc.org/racing/club\\_race\\_entry\\_form.pdf](http://www.mcrrc.org/racing/club_race_entry_form.pdf)).

[http://www.mcrrc.org/racing/2011/race\\_descriptions.php#country\\_road](http://www.mcrrc.org/racing/2011/race_descriptions.php#country_road)

RRCA 10-Mile Challenge

To date, over 100 MCRRC runners have registered for the RRCA 10 Mile Challenge! So far, only the host club, the Howard County Striders, has more members signed up. If you haven't registered yet, you can sign up to represent MCRRC on the Howard County Striders website. The race, scheduled for Sunday, February 27, 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. There will not be an early start this year. Pre-registration is open and group training runs will take place several weekends between now and the race. 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. Volunteering is a great, fun way to get out and meet other club members who might not be in your regular running group. And what a fabulous reason to take a break from your training or racing schedule! Guilt free! <http://www.mcrrc.org/volunteer.php>

WEEKLY RUNS

While the club training programs are an amazing way to get out and enjoy MCRRC, the many weekly runs that are offered can be an amazing resource and help keep you going even when you aren't training for a specific race. Don't have the motivation to do those intervals by yourself? Just show up at the track in Rockville on Wednesday nights where you'll find other MCRRC runners working on their speed. Do those long runs seem daunting or boring on your own? The Sunday morning long runs at Ken Gar might be just the thing to get you out there putting in the miles. All the weekly training runs are free and all paces are welcome! A complete list of runs is on the website.

<http://www.mcrrc.org/training/wkout.php>

#### STRIDE CLINIC

The next Stride Clinic for those of you lucky enough to have secured a slot is tomorrow, February 5. Registration for the remaining clinics in 2011 (each month except for August) is available on the website. At \$25, the clinic, which provides runners with evaluations by coaches, physical therapists, podiatrists and others, is a bargain. Please pay special attention to the details on the registration page to make sure that you are signed up properly. <http://www.mcrrc.org/stride/info.php>

#### CLUB BUSINESS

##### Club Store

The MCRRC Store is now online! Be sure to shop for your official club merchandise!

<http://mcrrcstore.passportintl.com/>

##### MCRRC Treasurer's Position Open

The Nominating Committee is seeking a candidate with a financial background for the Treasurer position of MCRRC's Board of Directors. This is a volunteer position with a one-year term. Elections are held after the Piece of Cake race on Sunday, March 20, 2011.

Candidates should be a current club member, have a solid financial background, familiarity with Quickbooks and be willing/able to perform all of the financial and reporting duties of the position and those of a club officer. Requires a commitment of 3-10 hours/week. The Treasurer would work closely with the Club Administrator who is responsible for handling the majority of the vendor payments, deposits and credits, invoicing, and maintenance of bulk mail accounts.

If you would like to be considered for the position or know someone else in MCRRC who you feel might be qualified, please contact the Nominating Committee Chairperson, Christina Caravoulas at [clcruns@yahoo.com](mailto:clcruns@yahoo.com) and she will provide you/them with a very detailed description of all responsibilities and more information about the officer position.

##### FIRST COME FIRST SERVED.....

Your reward for scrolling down to the end of this newsletter could be a comp entry to the National Half/National Marathon on March 26! MCRRC President Jean Arthur has one comp entry to give away.

The first one to email Jean ([jeanarthur@msn.com](mailto:jeanarthur@msn.com)) wins the entry! Jean will post a separate note to mcrrc-info when the entry is awarded.