

Ins and Outs for Friday, January 21, 2011

Happy Winter! Is anyone else missing their 5:00 AM running buddies with the weather this week? If you need inspiration to get on that treadmill, take a peek at MCRRC's spring race schedule and pick out a goal race. It might make running through this weather seem worthwhile. And while you're at it, now is also a good time to pick out a couple of races and plan to volunteer! 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). Remember, Ins and Outs is posted the second and fourth Fridays of each month so submissions are due by the second and fourth Wednesday. Thanks!

Karen Kincer, Editor

## **OFF TO THE RACES**

### Country Road Run

The Country Road Run will be held Sunday, February 20<sup>th</sup>, 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

While not a club race, consider putting the RRCA 10 Mile Challenge, hosted by the Howard County Striders, on your calendar. The race, scheduled for February 27<sup>th</sup>, includes a large team competition for the Maryland RRCA clubs. MCRRC will pay entry fees for members who participate. Race details are on the Howard County Striders website. <http://www.striders.net/races/rrca/2011> Contact Cara Marie Manlandro for more information about this and other team events. [caramarie.manlandro@gmail.com](mailto:caramarie.manlandro@gmail.com)

### Seneca Creek Greenway Trail Marathon and 50K

This point-to-point trail race on Saturday, March 5<sup>th</sup> will begin at Damascus Regional Park in Damascus and will end at Riley's Lock on the Potomac River. Early start time is 6:00 AM, and regular start time is 7:00 AM. 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.mccrc.org/volunteer.php>

## **WEEKLY RUNS**

There are lots of opportunities to get out and run with the club every week. The runs listed below are free and all are welcome! (You can click on the name of each run for more information.)

**Monday at Kentlands, 7pm.** Run from 5-7 miles on trails in the summer and roads in the winter.

**Tuesday Track Workout, 6:30pm** in Rockville from mid-January through April.

**Tuesday/Thursday Easy Runs, 6:30pm.** Summer runs are at Lake Needwood. The winter runs are in Rockville. Distances typically range from 4 to 7 miles.

**Wednesday Track Workout, 7pm** in Rockville. Summer runs are at the Montgomery College track.

**Weekend Trail Runs, 7:30am** (8am in winter months) on Saturdays in Rock Creek Park. Seven-mile loop on dirt trails, scenic and a bit hilly. Sunday Trail Runs are held on the Greenway Trail at 7:30am.

**Sunday Bikepath Runs, 8:00am** at KenGar near Knowles Ave. and Beach Drive. Low-key training runs. Runners and walkers of all paces are welcome at workouts!

The Back of the Pack group (10 minute per mile pace and over) meets at some of the workouts listed above and also has some additional runs. More information about the Back of the Pack group is on the website. <http://www.mcrrc.org/training/backpack.php>

## **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**

Club Store

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

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

Board of Directors Meeting Minutes

The minutes from the December Board of Directors' meeting are available on the club website.

[http://www.mcrrc.org/minutes/2010-12\\_bod\\_minutes.pdf](http://www.mcrrc.org/minutes/2010-12_bod_minutes.pdf)

MCRRC Awards Dinner

MCRRC's annual awards party will be held on Sunday, February 13, 2011 at the Rockville Hilton from 4:00 PM to 9:00 PM. If you have not attended in the past, the Awards Dinner is a wonderful celebration of MCRRC's runners, coaches, race directors and volunteers. Come out to celebrate everyone's achievements this year! [http://www.mcrrc.org/forms/MCRRC\\_AwardsPartyInvite2011.pdf](http://www.mcrrc.org/forms/MCRRC_AwardsPartyInvite2011.pdf)