

Ins and Outs for Friday, July 8, 2011

I will be on vacation with my family at the beginning of July but Ins and Outs will still appear in your mailbox on schedule thanks to a special guest editor! Many thanks in advance! 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 (in Absentia)

OFF TO THE RACES

### **Midsummer Night's Mile**

The Midsummer Night's Mile is TONIGHT - Friday, July 8 at Rockville High School. Gun time for the first of eight anticipated heats is 7:00 PM. slower heats are expected to run first. Dust off those spikes and enjoy a great night at the track!  
[http://mcrrc.org/racing/2011/race\\_descriptions.php#midsummer\\_mile](http://mcrrc.org/racing/2011/race_descriptions.php#midsummer_mile)  
It is never too late to volunteer for this wonderful event as well!

### **Grand Opening Celebration for the Rock Creek Trail Bridge**

Bring your bike or your running shoes and join Montgomery Parks, the Maryland State Highway Administration and Montgomery County Road Runners Club as we celebrate the Rock Creek Trail Pedestrian Bridge, Saturday, July 23, 2011, 10:00 am – 12:00 noon. There'll be refreshments, a ribbon cutting and a ride/run led by the Montgomery County Road Runners Club. Parking is available at Aspen Hill Local Park, 5013 Baltic Avenue, Aspen Hill, MD 20853. For more information see [www.MontgomeryParks.org](http://www.MontgomeryParks.org).

### **Rockville Rotary Twilight Runfest**

You have one week left to take advantage of reduced entry fees for Twiligher. The fee for the 8K race is \$31 through June 30 at 5:00 PM. At that point the entry fee increases to \$36 through race day at 4:00 PM. If you delay until after 4:00 PM on race day you'll have to pay the REALLY, REALLY LATE entry fee of \$45. Don't be searching for a paper entry form to fill out – Twiligher has gone green! You can enter online and save yourself the stamp too. <http://rockvilletwiligher.org/registration/>

### **Riley's Rumble**

It's that time again. In life we can be assured of three things...death, taxes, and it will be hot and humid the day of Riley's Rumble! Riley's Rumble Half Marathon will be held Sunday, August 7 at the South Germantown Regional Park. In an effort to beat the heat, the start time for this fall marathon tune-up will be 7:00am. This is a low key club race for MCRRC members and you can wear your regular bib and chip for the 2011 club

series but if you have non-member friends who are planning to run please encourage them to register online. Non-member registration is \$20.

<http://mcrrc.org/races/RileysRumble/>

\*\*\*\*\*While Riley's has been a club tradition for several years, it may not be the best event if you have never run or trained for a half marathon. It is a challenging course on a, usually, very warm day\*\*\*\*\*

### **Going Green Track Meet**

Friday, August 12, 2011 - Bethesda

- 7:30pm 0.25mi & 0.5mi young run (YR)
- 7:45pm 2mi race (CS,JP)
- 9:00pm 1mi race
- 9:20pm 4x400 relay race

The race is part of our low-key club race series and is free for MCRRC members, \$10 for non-members 18 and over, and \$5 for non-members under 18. Registration is race-day only starting an hour before the race.

#### Location & Directions

Walt Whitman High School

7100 Whittier Boulevard, Bethesda MD 20817

Take I-495 to Exit 39, River Road east to Washington. Turn left onto Whittier Blvd.

### **Parks Half Marathon:**

Time to register for the September 11<sup>th</sup> race. Parks fills up quickly. The race is already over 1/3 full! Sign up soon!!! This is a great event and a highlight of our racing year.

<https://www.signmeup.com/site/online-event-registration/75201>

### **VOLUNTEERS**

It's time to sign up and volunteer for one of the most fun races on the MCRRC calendar, the Rockville Rotary Twilight Runfest. This year's race will be held Saturday, July 16. Gun time is 8:45 PM and the race is followed by a street party in downtown Rockville complete with a band, beer truck and food. Sign up online now for your pick of volunteer jobs! <http://rockvilletwilghter.org/volunteer/volunteer-sign-up/>

## **TRAINING PROGRAMS**

### **10K Running Program**

Registration for the 10K Running Program is open! The program accommodates both beginning runners trying to complete their first 10K and experienced runners who are trying to make a breakthrough in their training. There is an orientation for the program on July 30 and weekly workouts on Tuesdays and Saturdays begin on August 16. The Rockville 10K on November 6 is the goal race for the program. The program has filled quickly in the past. <http://mcrrc.org/programs/smart.php>

### **5K Coed Beginning Runners Training Program**

Are you ready to train for a Fall 5K? If so join one of Montgomery County Road Runners 5K (Walking or Running) dynamic programs. Novices to experienced racers, paces, shapes, sizes and fitness levels are all welcome! Access <http://mcrrc.org/> for club membership information, volunteer requirement, and specific program details.

## **SUMMER TRAINING**

While we need to be conscious of hydration year round, please be extra conscious in the heat. Be sure to consume plenty of fluids and be mindful of the signs of heat stroke. Run in the early morning to beat the heat, or consider a treadmill on those Code Red days. Keep your eyes on MCRRC-Info and the MCRRC Training Program Yahoo Groups for updates and changes to group workouts and races due to heat and humidity. See the RRCA website for some tips for running safe in the heat! <http://www.rrca.org/education-advocacy/hot-weather-running-tips/>

## **CLUB BUSINESS**

Save the Date!

MCRRC's Annual Volunteer Picnic will be held on July 31 at Cabin John Park. All club members who have volunteered at one or more events are invited to attend with their families. Watch your actual mailbox for details!

## **Long May You Run....**

(from the lyrics by Neil Young)

*"We've been through  
Some things together  
With trunks of memories  
Still to come  
We found things to do  
In stormy weather  
Long may you run..."*

Places to run during the week (I am sure there are more)

**Hiker/Biker Trail** – Lake Needwood – Tuesday & Thursday evenings 6:30. All pace groups and varying distances. Questions; Debbie Shulman – [dshulman@aol.com](mailto:dshulman@aol.com)

### **Rock Creek Park Trail Run -**

Tuesday and Thursday morning trail runs in Rock Creek Park. Meet at 6:30 AM at the little shopping center at the corner of Grubb Road and Washington Ave, Silver Spring. Runs lasts for about an hour.

### **Carderock Run -**

Near Bethesda is a nice group run at Carderock each Thursday evening at 6:30pm. Some people do the gold mine trails, some stay on the towpath, and some just come for the potluck picnics that they occasionally have afterward. All paces and distances welcome.

### **Hard Times Café Runs –**

Each Tuesday and Friday mornings at the Hard Times Café on Nelson Street in Rockville two groups meet. A faster group (generally under 11:30's) leaves at 5:00AM SHARP! The back (best) of the packer's start at 5:15AM. Loop is either about 7 miles or 5 miles.

PS...if you haven't discovered the Matthew Henson trail from Winding Creek Park off of Dewey Rd in Rockville, you are missing a fabulous 8.4 miles out and back.

[http://www.montgomeryparks.org/PPSD/ParkTrails/trails\\_MAPS/matthew\\_henson\\_trail.shtm](http://www.montgomeryparks.org/PPSD/ParkTrails/trails_MAPS/matthew_henson_trail.shtm)

As always RUN AWARE.....RUN SAFE.....



