

Ins and Outs for Friday, June 10 2011

If you don't have happy hour plans for this evening consider coming out and joining MCRRC at the Gaithersburg Cross Country's new location, the Agricultural History Farm Park in Derwood. This beautiful setting was the site for the USATF Cross Country Championships hosted by MCRRC in 2009. The 5K race begins at 7:00 PM. http://mcrrc.org/racing/2011/race_descriptions.php#gaithersburg_xc

If you have an item for Ins and Outs, or any questions or comments, please email ins_and_outs@mcrrc.org.

Karen Kincer, Editor

OFF TO THE RACES

Run for Roses

Ladies, don't forget to save yourself some time and register online for the Run for Roses 5K, to be held Saturday, June 18 at Wheaton Regional Park. Run for Roses is the 4th race in the RRCA Maryland Women's Distance Festival Grand Prix Series. The race will be the graduation race for MCRRC's Beginning Women's Running Program. Congratulations to all the program members! <http://www.mcrrc.org/races/RunForRoses/>

Gentlemen, and ladies who aren't planning to run, don't forget to sign up to volunteer! <http://www.mcrrc.org/volunteer.php>

VOLUNTEERS

Thanks to all the volunteers who set their alarms clocks a little earlier to help out with the Capital Crescent Run. The 7 AM start was very successful.

As noted above, Run for Roses is in great need of volunteers. If you can help out with this great race please let Co-Race Director Christina Caravoulias know, or sign up on the club website. <http://www.mcrrc.org/volunteer.php>

TRAINING PROGRAMS

10K Running Program

Registration for the 10K Running Program will open Monday, June 13. 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. <http://mcrrc.org/programs/smart.php>

Experienced Marathoner Program (XMP)

Orientation for XMP, the Experienced Marathoner Program will be held tomorrow, June 11.

<http://mcrrc.org/programs/expmar/expmarathon.php>

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. Details will be coming soon!

RMS RACES

RMS Races are races for which MCRRC has been hired to provide timing or other logistical support. They are not sponsored by MCRRC and are not part of our club race series but are great races to come out and run and many benefit great local charities.

Upcoming races:

[Alex's Run 5K](#)

Sun 6/26 8:30am

Olny, MD

COMMUNITY RACES

Here are some other community races to check out!

Beth Walton Memorial 5K

Sunday, June 12, 8:00 AM

Wheaton Regional Park

www.bethwalton5k.com

College Park Cares 5K

Saturday, September 24, 8:00 AM

www.collegeparkcares.com