

Ins and Outs for Friday, March 18, 2011

Spring is almost here! The next two months bring most of our big spring marathons as well as some major road races like Cherry Blossom and Pike's Peek. If you haven't already signed up for Pike's Peek and are planning to run please note that registration fees increase on April 3! Online registration is available. <http://pikespeek10k.com/signup.htm> If you have an item for Ins and Outs, or any questions or comments, please email [ins\\_and\\_outs@mcrcc.org](mailto:ins_and_outs@mcrcc.org).

Karen Kincer, Editor

## OFF TO THE RACES

### Piece of Cake 10K

The third race in the MCRRC 2011 Championship Series, the Piece of Cake 10K, will be held on Sunday, March 20 at 8:45 AM at Seneca Creek State Park in Gaithersburg. There is something for everyone at this race - quarter and half mile fun runs will be held at 8:30 AM as part of the 2011 Young Run Series and a 2.78 K Junior Participation Series run will kick off at 8:50 AM. The race is followed by MCRRC's Annual Meeting and Birthday Party which will include CAKE as well elections for MCRRC's Board of Directors and other club business. [http://www.mcrcc.org/racing/2011/race\\_descriptions.php#piece\\_of\\_cake](http://www.mcrcc.org/racing/2011/race_descriptions.php#piece_of_cake)

### Spin in the Woods 8K

The 2011 Cross Country Series kicks off on Saturday, April 9 with the inaugural Spin in the Woods 8K, formerly known as the Difficult Run. Race time for this 8K cross country race is 9:00 AM and the start is still at Scott's Run Nature Preserve in McLean. I hear that all the rocks, roots, ruts and other obstacles are still in place as well. Please read the directions on the MCRRC website very carefully and consider carpooling if you can – parking is very limited.

[http://www.mcrcc.org/racing/2011/race\\_descriptions.php#spin\\_in\\_the\\_woods](http://www.mcrcc.org/racing/2011/race_descriptions.php#spin_in_the_woods)

### Firebirds Mile

On Thursday, April 14, the Gaithersburg Firebirds Youth Track Club of Montgomery County and Montgomery County Road Runners Club will join forces to conduct the 9th annual MCRRC/Firebirds Mile. The event begins at 7:00 PM at Watkins Mill High School in Gaithersburg. This all-comers multi-heat track competition welcomes runners from age 6 up. There will be a non-competitive, ¼ mile kids run at 6:45PM. Registration for MCRRC and Firebirds members is race day only however if you know of non-members who wish to compete there will also be a pre-race registration at Fleet Feet in Gaithersburg on Wednesday, April 13 from 5:00 PM to 7:00 PM.

[http://www.mcrcc.org/racing/2011/race\\_descriptions.php#firebirds\\_mile](http://www.mcrcc.org/racing/2011/race_descriptions.php#firebirds_mile)

## VOLUNTEERS

The spring race calendar is looking mighty busy and we need some great volunteers to make all of our races happen. Please visit the MCRRC web page to sign up! <http://www.mcrcc.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)

## REGISTRATION TEAM VOLUNTEERS

MCRRC is forming a Registration Team to fill a key role at our Low Key Club Races. This is a great opportunity for a few folks to make a substantial contribution to the club while working through an injury or who are engaged in a training program that might not allow for competing in a lot of our club races.

The members of the Registration Team will coordinate registration activities at our low key races. Team members will train and manage registration volunteers, coordinate with data entry volunteers as needed and troubleshoot registration problems for runners.

Team members will work amongst themselves to assign members to volunteer at each of the low key club races. The time commitment for each race is approximately two hours and only one member of the registration team should need to be present at each race - many hands will make light work!

Simple training will be provided. Individuals who are interested in becoming members of the Registration Team should contact Club Race Coordinator George Tarrico at [gtarrico1@verizon.net](mailto:gtarrico1@verizon.net).

## TRAINING PROGRAMS

### 8K Spring Training Program

Registration for the 8K Spring Training Program which targets the Rockville Rotary Twilight Runfest on July 16 is now open. The program is designed for those who have run a 5K or 10K race and would like to improve their speed and train in a group setting, though novice runners are also very welcome. Full details are available on the club website. <http://www.mcrrc.org/programs/EightK.php> Individuals who have questions should contact Coach Shirley Skorbiansky ([sskorbiansky@gmail.com](mailto:sskorbiansky@gmail.com)).

### First Time Marathon Program

Registration for the First Time Marathon (FTM) Program is also open. FTM is a 6 month program that will prepare runners who are able to run at least 6 consecutive miles for their first marathon, generally the Marine Corps Marathon in October. There is an orientation for the program, which begins in May, on April 10 and complete details including criteria for participation are on the website.

<http://www.mcrrc.org/programs/ftm/ftmmartngman.php>

## CLUB BUSINESS

### Board of Directors Meeting

The minutes from the February meeting of MCRRC's Board of Directors are now online.

[http://www.mcrrc.org/minutes/2011-02\\_bod\\_minutes.pdf](http://www.mcrrc.org/minutes/2011-02_bod_minutes.pdf)

## MCRRC Annual Meeting

As mentioned above, MCRRC's Annual Meeting will be held this Sunday, March 20 following the Piece of Cake 10K. During the meeting the Nominating Committee will present the slate of candidates for MCRRC's Board of Directors for 2011-2012 and we will celebrate MCRRC's birthday with some birthday cake. The slate of candidates is available on the website and anyone wishing to bring a cake should contact Club President Jean Arthur at [jeanarthur@msn.com](mailto:jeanarthur@msn.com). [http://www.mcrrc.org/club-business/2011\\_nc\\_slate.php](http://www.mcrrc.org/club-business/2011_nc_slate.php)