

Ins and Outs for Friday, November 12, 2010

Some of the best running weather of the year is right now so make it a point get out there and enjoy it before the craziness of the holiday season kicks in! If you have an item for Ins and Outs, or any questions or comments, please email, ins_and_outs@mccrc.org. Note: Ins and Outs is distributed every other week, usually the 2nd and 4th Friday of each month. To ensure that your items are included in an upcoming newsletter, please submit any requests by the 2nd or 4th Wednesday of the month. Thanks!

Karen Kincer, Editor

OFF TO THE RACES

Candy Cane City 5K

The Candy Cane City 5K will be held tomorrow, Saturday, November 13th at 8:00AM. The 5K course runs along Beach Drive and through the trails and neighborhood in Chevy Chase. This is the 8th of 10 events in the MCRRC 2010 Championship Series. Time to get out there and rack up those points!

http://www.mccrc.org/racing/2010/race_descriptions.php#candy_cane

Turkey Burnoff

The annual Turkey Burnoff, one of MCRRC's most popular races, will be held November 27th at Seneca Creek State Park in Gaithersburg. The 5 and 10 mile races will start at 10:00AM followed by a 2 mile Junior Participation race at approximately 10:05AM. The 10 mile race is the 9th of 10 events in the MCRRC 2010 Championship Series. Parking at the race site is very limited so carpooling is strongly encouraged, and you should leave plenty of time to park and walk to the starting area.

http://www.mccrc.org/racing/2010/race_descriptions.php#turkey_burnoff

VOLUNTEERS

Thank you to all the volunteers who came out to support this year's Rockville 10K/5K. This year's race had a record number of registrants and was a great success thanks to all of you.

There are still a number of club races this year that need you support. Turkey Burnoff, Frozen Slopes Cross Country and the Jingle Bell Jog are all still to come in the MCRRC 2010 Low Key Race series. You can sign up to volunteer for any club race on the main volunteer page or visit the individual race sites for some of our larger events this fall!

MCRRC Volunteer Page <http://www.mccrc.org/volunteer.php>

Run Under the Lights

Volunteering at the newest race on the MCRRC calendar will get you a fabulous sneak peak at the Winter Lights show at Seneca Creek State Park in Gaithersburg. The race is at 5:45PM so most volunteer jobs will begin in the late afternoon leaving the whole morning for a run of your own!

<http://www.mccrc.org/volunteer.php>

TRAINING PROGRAMS

New Winter Half Marathon Program

Hate running in the cold? Misery loves company so join your friends running from flakes to flowers in the new winter half marathon program and get WARM!! The new winter HMP will prepare you for the Frederick Half Marathon on May 7th, or any number of other spring races.

<http://www.mcrrc.org/programs/winterhalf.php>

For those of you who aren't up for half marathon training this winter, registration for the popular Speed Development Program, which targets the Pike's Peek 10K in April, will also open soon.

Bridging the Gap

Beginning on November 20th, Wanda Walters and MCRRC Board Member Karen Craney will coordinate informal runs for MCRRC Members on the Capitol Crescent Trail, Saturday mornings at 8:00AM.

Runners should meet in the parking lot across from Barnes and Noble in Bethesda BEFORE 8:00AM to gather into groups of similar paces. This group run will take place into 2011 until the beginning of the club's winter training programs in January. Stay tuned to mcrrc-info for schedule changes due to weather, events in Bethesda or to avoid conflict with the club's race calendar.

CLUB BUSINESS

Club Budget

The Estimated Budget for 2011 is available on the website for those of you who wish to preview it. The budget will be formally presented at the Annual Club Business Meeting following the Jingle Bell Jog on December 12th. Anyone who has immediate questions or comments may email treasurer@mcrrc.org.

http://www.mcrrc.org/club-business/2011_Budget.pdf

MCRRC Holiday Party

Mark your calendar for the MCRRC Holiday Party, Friday, December 3rd from 7:00PM to 11:00PM at the Senior Center in Gaithersburg. A formal announcement and registration materials will be coming soon!

OTHER HAPPENINGS (published with Board approval)

Service for Mike Broderick

A funeral service for Mike Broderick will be held on Monday, November 15 at 1:00PM with visitation at noon. The service will be at Hines-Rinaldi Funeral Home, 11800 New Hampshire Avenue, Silver Spring. Carpooling is encouraged for those who are planning to attend. Those who wish to leave a message to the family and others may use the following link:

<http://www.hinesrinaldifuneralhome.com/obituaries/tribute.html?url=http://stei-23836.tributes.com/show/Michael-Broderick-89785315>

Potomac River Running Job Openings

Potomac River Running is looking for workers for all its stores, including the Rockville location. The ideal candidate will be an avid runner with a strong work ethic and pride in customer service. Applicants able to work 10-25 hours/week are preferred. Flexible scheduling, great discounts, a fun working environment and an opportunity for advancement based on experience and performance. Applicants must be willing to work some evenings and weekend days on a regular basis. Contact cathy@potomacriverrunning.com