

Ins and Outs - Friday, August 19, 2011

It was great to see so many enthusiastic new runners turn out to the first Tuesday night workout for this year's 10K Training Program! Everyone had a great run – and for many it was their first-ever run of that distance. Keep up the good work – and keep that 10K race in your sights. You're out to have a great training season!

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

Laura Evans, Editor

OFF TO THE RACES

Comus Run Cross Country 5K – Saturday, August 20

You'll need your spikes for this evening race, which is run on terrain that includes trails, grass and hills. Start time is 5:30 PM. Come out and enjoy the hospitality of the Bachman family, who host the race. The event is free for MCRRC members, \$10 for non-members and \$5 for non-members under 18. Get more details at: http://mcrrc.org/racing/2011/race_descriptions.php#comus_run.

Cabin John Kids Runs – Sunday, September 4

Kids 18 and under run for free at these races, which begin Sunday, September 4 at 9 AM at Cabin John Regional Park in Potomac. The roster of races is as follows:

- 9:00am 0.25mi young run (YR)
- 9:10am 0.5mi young run (YR)
- 9:25am 1mi (JP)

Registration is race-day only. Find out more here:

http://mcrrc.org/racing/2011/race_descriptions.php#cabin_john_kids

VOLUNTEERS

A big thanks to all those who came out to support and help out with Riley's Rumble and the Going Green Track Meet! Your time and effort were invaluable to the success of those events.

Even if you're not planning to run one of our upcoming races, consider volunteering your time to help ensure that these events are fun and well-organized.

You can volunteer for both the Comus XC 5K and the Cabin John Kids Runs through the Club volunteer site: <http://www.mcrrc.org/volunteer.php>

Or sign up to volunteer for the Parks Half Marathon through the race website:

<http://www.parkshalfmarathon.com/volunteer.asp>. Plenty of race day jobs such as course marshal, placing or picking up cones, or working at a water stop are still available.

A special plea to Medical Volunteers: With less than a month to go, Parks Half Marathon is looking for volunteers with medical training. Among those needed: a doctor to work the finish medical tent who has critical care training, four people to do medical spotting at the finish line and at least six more volunteers with CPR/First Aid training to assist at the medical tent and at aid stations along the course.

If you are a nurse, doctor, PA, ER Tech, Paramedic, EMT or have training in basic First Aid and CPR you are needed. Sign up through the Parks Half volunteer link above. Questions? Email Debbie Shulman at dshulman@aol.com.

TRAINING PROGRAMS

There is still space in both the fall 5K running and walking training programs. Both programs train participants toward the Rockville 5K on Nov. 6, 2011. For more information, visit: <http://www.mcrrc.org/programs/BegWalk.php> for the walking program and <http://www.mcrrc.org/programs/coed.php> for the running program.

Registration for the fall 10K Training Program is now closed.

Good luck to all participants!

CHAMPIONSHIP SERIES

Just a reminder that the Championship Series standings on the website are dependent on our having accurate final race results for our low key races and since we have had a couple of small glitches lately, this will impact our ability to get the series standings updated. Your patience is appreciated!

For those of you who are participating in this year's Championship and/or Cross Country series, please pay special attention to your MCRRC bib and chip. Find an extra special place to keep them and remember to bring them to all the club races!

Thanks to all of those who have called errors to our attention.

OTHER HAPPENINGS

Free emergency response training

Montgomery County offers free emergency response training. The next course starts in September and meets for seven weeks. Race directors, program directors, and other club members may be interested in this opportunity.

An application is required. For details, visit: http://www.montgomerycert.org/index.php?option=com_content&view=article&id=48&Itemid=2

Young Runner Mentoring Opportunity: Teens Run DC

Teens Run DC empowers at-risk youth to envision and work towards the achievement of personal

goals through an adult mentoring and distance running program.

The group is looking for runners who would be willing to mentor these young athletes and help them train for races of increasing distance throughout the school year. The time commitment is a weekly run or walk-run on Saturday mornings throughout the academic year.

For more information, contact Ben Forman at (301) 986-0626 or visit www.teensrunc.org