

## **Ins and Outs - Friday Nov. 11**

This is an active race month for MCRRC, meaning lots of great events to participate in, but on the flip side – we need volunteers like crazy!

In particular, there are two big events occurring on one day – Saturday, Nov. 19 – that could really use your help:

- The [Stone Mill 50 Miler](#) needs mainly aid station volunteers and cooks at the finish at Watkins Mill High School, organizers say.

To sign up to help, visit the race volunteer page: [http://stone-mill-50-mile.org/?page\\_id=81](http://stone-mill-50-mile.org/?page_id=81).

- The [Run Under the Lights](#) 5K needs volunteers for just about everything except the water stop.

Sign up to help out here: <http://www.mcrrc.org/volunteer.php>

Note that it's too late to register to run either of these races, so volunteering is a good way to still be part of things.

Got an item for Ins and Outs, questions or comments? Please email [ins\\_and\\_outs@mcrrc.org](mailto:ins_and_outs@mcrrc.org).

Laura Evans, Editor

## **OFF TO THE RACES**

### **Candy Cane City 5K (Championship Series)**

Join us for a fun, fast run out and back along Beach Drive and the trails near Candy Cane City in Chevy Chase, Saturday, Nov. 12 at 8:00 AM. (Candy Cane City is named for a playground located there)

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. To find out more, visit:

[http://www.mcrrc.org/racing/2011/race\\_descriptions.php#turkey\\_burnoff](http://www.mcrrc.org/racing/2011/race_descriptions.php#turkey_burnoff)

### **The Turkey Burnoff 5 Miler, 10 Miler and 2.78K Fun Run (Championship Series)**

Saturday, Nov. 26 at 10 AM at Seneca Creek State Park in Gaithersburg

Work off those extra holiday calories at one of our most popular club races, the Turkey Burnoff. The course is scenic and you'll burn off that third helping of pumpkin pie on the gently rolling hills. The park deer occasionally make a cameo appearance, and they don't brake for runners! Registration is race-day only, get there at least 30 minutes early to park and walk to the sign-up area.

To find out more, visit: [http://www.mcrrc.org/racing/2011/race\\_descriptions.php#turkey\\_burnoff](http://www.mcrrc.org/racing/2011/race_descriptions.php#turkey_burnoff)

## **VOLUNTEERS**

Did you know that volunteering as a course marshal or at a water stop burns almost as many calories as running? It's true! Test it for yourself on Saturday, Nov. 26, when the Turkey Burnoff will be looking for helpers to fill these positions and many more.

Use this link to sign up to volunteer: <http://www.mcrrc.org/volunteer.php>

## **WEEKLY WORKOUTS**

Now that the fall training programs are at an end, come join your friends (or make new ones) at these informal weekly long runs:

- Saturdays at 7 AM at the Capital Crescent Trail in Bethesda
- Sundays at 8 AM at Ken-Gar Palisades Park in Kensington

Groups in each location will divide up by pace and choose a distance.

For more info on these and other weekly workouts, visit: <http://www.mcrrc.org/training/wkout.php>

## **MEMBER MOMENTS**

Had a significant PR? Got engaged or have a birth announcement or other important event?

Tell your MCRRC friends about it! The Club will soon be starting up a print publication again and we'd like to include a "Member Moments" feature like we used to have in The Rundown – a place where members can share their personal milestones.

Send items for the column to Susan Debad, [office@mcrrc.org](mailto:office@mcrrc.org).

Look for the first issue in early January!

## **CLUB BUSINESS**

Stay abreast of the latest MCRRC developments – review the most recent minutes from the monthly Board Meeting: [http://www.mcrrc.org/minutes/2011-10\\_bod\\_minutes.pdf](http://www.mcrrc.org/minutes/2011-10_bod_minutes.pdf).

### **Club gear for the holidays**

It's not too soon to start thinking about holiday gifts for the special MCRRC runner in your life – especially with all the comfortable running gear available from the club's online shopping site. Check out the fleece vests, long-sleeved running shirts or the comfy wind jacket, all adorned with the MCRRC logo. Take a peek at: <http://mcrrcstore.passportintl.com/>