

Ins and Outs - Friday Dec. 9

A special treat awaits the young participants at Sunday's Jingle Bell Jog. "I am pleased to announce that Santa has been confirmed to lead a One Mile Fun Run," says race director Karen Kincer.

The Fun Run will start at approximately 9:05 AM following the start of the 8K race which begins at 9:00 AM. Registration for the Fun Run and the 8K, the last race in MCRRC's 2011 Championship Series, is race day only beginning at 8:00 AM

Jingle Bells provided for all participants!

Carpooling is encouraged! Please note that the Rockville Senior Center is undergoing renovation and some of the parking spaces in the back lot are not available, though there is street parking available in the surrounding neighborhood.

Don't forget to stick around after the conclusion of the 8K run for MCRRC's Annual Business Meeting. MCRRC President Jean Arthur will have some goodies to give away during the meeting!

For more on the Jingle Bell Jog, visit:

http://www.mcrrc.org/racing/2011/race_descriptions.php#jingle_bell_jog

Got an item for Ins and Outs, questions or comments? Please email ins_and_outs@mcrrc.org.

Laura Evans, Editor

OFF TO THE RACES

Don't forget to start the New Year right by running MCRRC's New Year's 5K on January 1. Details about this race as well as the complete 2012 MCRRC race schedule should be appearing on the website soon: www.mcrrc.org.

VOLUNTEERS

MCRRC's newest race, Seneca Slopes XC 8K still needs volunteers, reports race co-director Chuck Potter. "We mainly need course marshals and equipment clean up." The race will be held Sunday, December 18 at 9:00 AM at Seneca Creek State Park.

If you're able to assist, you can contact Chuck directly at chuckp88@gmail.com, or use this link to sign up: <http://www.mcrrc.org/volunteer.php>

WINTER TRAINING PROGRAMS

Get the jump now on your New Year's resolution to run further or faster - sign up for one of MCRRC's winter training programs:

The Speed Development Program, now in its 11th year, begins Jan. 14 and trains runners for the

Cherry Blossom 10 Mile Race, Pike's Peek 10K or other races of similar distances in the spring. "For the past 10 years, active participants have made significant improvements in their running, and you can too by joining the program," says head coach Tom Brennan. The program welcomes motivated runners of any speed who have an interest in getting faster, he adds. For more information go to http://www.mcrrc.org/programs/speed_development/

The Winter Marathon/Half Marathon Program, which starts Jan. 18, keeps the focus on "fun and camaraderie" as you build miles toward your spring race goals, whether they be the National Rock 'n Roll Marathon, the Shamrock 1/2 or full marathon, or the Frederick Half. The program will challenge you on speed, but the primary goal is to build your mileage base over the winter. "We can accommodate runners with a race pace from 6 minutes per mile to 15 minutes per mile," adds head coach Beth Serepca. To find out more, visit: <http://www.mcrrc.org/programs/winterhalf.php>

Both programs are geared to help you stay motivated and running through the cold months. And both fill up fast, so don't wait to sign up.

MEMBER MOMENTS

Did you run your first marathon this year? Get a PR? Complete another challenging race or series of events? Or maybe your accomplishments were off the course – did you get married or have an addition to your family?

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.

Look for the first issue in early January!

CLUB BUSINESS

Stick around after Sunday's Jingle Bell Jog for a fun raffle and... the annual MCRRC Business meeting! Review the proposed MCRRC 2012 Budget here: http://www.mcrrc.org/club-business/2012_Budget.pdf

OTHER HAPPENINGS

Don't forget – tomorrow (Dec. 10) is the deadline for nominating your favorite coach, or perhaps a runner who has shown significant improvement this year.

Details and online nomination forms are at: <http://www.mcrrc.org/awards/>

If you have questions on the awards, email Marty Horan, marty_horan@yahoo.com

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Club gear for the holidays

Thinking about holiday gifts for the special MCRRC runner in your life? Take a peek at 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://mccrcstore.passportintl.com/>