

Ins and Outs - Friday Feb. 3

If you're free, consider helping out at this year's Country Road Run on Sunday, Feb. 12 in historic Olney.

As race director Cathie Rosenfeld says: In MCRRC, "not only is there a pace and a place for everyone, there is a job and a bagel. And a cuppa coffee."

Claim yours by signing up here: <http://www.volunteer@mcrrc.org>.

Got an item for Ins and Outs, questions or comments? Send them to ins_and_outs@mcrrc.org.

Laura Evans, Editor

OFF TO THE RACES

Country Road Run (CS/JP)

Get a test of how well your winter running has progressed at this scenic race on the rolling back roads of Olney.

The race takes place Sunday, Feb. 12, 2012 at the Olney Swim Center on Georgia Ave:

- 8:00AM 5mi race (CS)
- 8:05AM 1mi Fun Run (JP)

Country Road Run 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.

For more details, visit: http://www.mcrrc.org/racing/2012/race_descriptions.php#country_road

Tip: If this is your first race of 2012 (and you are an MCRRC member) avoid the long lines by printing and filling out the annual race form here:

http://www.mcrrc.org/racing/2012/club_race_entry_form.pdf

RD heads up: Current and future race directors should plan to stay after the Country Road Run for training and an update on new changes to the Race Director Manual.

March On

Don't forget these events coming up next month:

- **The Seneca Creek Trail Marathon and 50K**, Saturday, March 3, runs the Greenway Trail from Damascus to Riley's Lock on the C&O Canal,
- **Piece of Cake 10K** on Sunday, March 25 in Seneca Creek State Park. Run, eat cake and stick around for this year's MCRRC Awards.

Get more details about both here:

http://www.mcrrc.org/racing/2012/race_descriptions.php#trail_marathon

Get the full schedule of MCRRC races for the year here:

<http://www.mcrrc.org/racing/2012/schedule.php>.

VOLUNTEER OPS

Commune with nature while you help runners complete the challenging Seneca Creek Trail Marathon and 50K!

The race will need volunteers to help with aid stations, the start and finish area, setting up the course, transporting equipment and supplies, the picnic at the end and sweeping the course. "We could use a few volunteers trained in first aid as well," says race director Ed [Schultze](#). If you'd like to help out, contact Ed directly at: EdSchultze@comcast.net.

Pike's Peek: MCRRC's biggest spring race (Sunday, April 29) is now gratefully accepting volunteers... and awarding them with awesome fleece pullovers this year! Find out more about that and sign up for yours: <http://pikespeek10k.com/>

To volunteer for most other MCRRC races, visit this site and fill out the online form:

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

RRCA 10 Mile Challenge

This race is coming up soon – Sunday, Feb. 26 at 8AM at Howard Community College in Columbia.

It's a chance for MCRRC to compete with other area running clubs, and it's a lot of fun! At last check, MCRRC (at 54 participants) was running 3rd behind Howard County Striders (82) and Baltimore RRCA (63). Register today: <http://www.striders.net/races/rrca/2012>

If you have questions, email Cara Marie Manlandro at caramarie.manlandro@gmail.com

TRAINING PROGRAMS

Beginning Women Runners

Registration is open now for this popular program. If you are a woman who has always wanted to try running, or if you need a way to ease back into it after an injury, this is your program!

BWR provides a structured, supportive environment, with workouts that will train you regardless of your skill level or speed.

The group trains on Tuesdays and Saturdays beginning with orientation on March 20 and culminating with the Run for Roses on June 16. Find out more and register at:

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

CLUB BUSINESS

Check out the December minutes of the Board of Directors to see what's new:

http://www.mcrrc.org/minutes/2011-12_bod_minutes.pdf

MEMBER MOMENTS

The new print publication, *Intervals*, is here! Now we need your input.

Did you run your first marathon last 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! *Intervals* will 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.