

Ins and Outs - Friday Oct. 14

Time is running out to sign up for the MCRRC Hospitality Suite at the Marine Corps Marathon – the deadline to register is Monday, Oct. 24. Registration is online only – no race-day registration.

If you are running the Marine Corps Marathon (or supporting someone who is), the Hospitality Suite is a great way to start and end your day - Before and after the marathon, gather, natter and nosh. You can also line up for a post-marathon massage for \$25, cash only.

2011 MCM Hospitality Suite, Sunday, Oct. 30, 2011

Holiday Inn Rosslyn at Key Bridge

1900 N Fort Myer Drive

Arlington, VA

Suite Hours: 6:30 AM to 4:00 PM (doors are locked to secure the room between 8:00 AM and 11:00 AM)

We hope you'll understand: No admittance without a fee. Everyone who enters must pay first.

Sign-up this year is only in advance using SignMeUp---[follow this link to register online](https://www.signmeup.com/site/reg/register.aspx?fid=F92VQJ7)

MCRRC Member price = \$22

Non-member price = \$27

Children (Ages 5 - 12) = \$10

Link address: <https://www.signmeup.com/site/reg/register.aspx?fid=F92VQJ7>

For more information, contact: Megan Carroll at meganjcarroll@verizon.net

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

Laura Evans, Editor

OFF TO THE RACES

Black Hill 10K (XC Series)

Take advantage of the cool fall weather to enjoy a cross-country 10K. The Black Hill 10K Saturday, Oct. 15, 9:00 AM in Germantown. You can look forward to rocks, roots and some challenging trail if you come out and join us at this beautiful Montgomery County Park.

The race is part of the club's 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 information and directions, visit:

http://www.mcrcc.org/racing/2011/race_descriptions.php#black_hill_10k

Rockville 5K/10K: Challenging races followed by food

Sign up to participate in the “oldest continuing race in Montgomery County” – the 36th Annual Rockville 5K/10K, Sunday Nov. 6, 8:30 AM.

If you've never done it, the 10K is a challenging course that loops you through the Kings Farm neighborhood and the surrounding hills, while the 5K is a speedy out and back. At the finish, you'll fill up on tasty fare provided by a collection of local restaurants.

Not planning to run this year? The race could really use your help! Sign up to course marshal, work a water stop, set up cones or help with the start or finish line.

Register to run or volunteer here: <http://www.mcrrc.org/races/Rockville10k5k/>.

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

VOLUNTEERS

Halloween Young Run

It's almost time for the 23rd Annual Halloween Young Run, one of the largest events of its kind for kids ages 12 and under! This year's race is on Sunday, Oct. 23 and many, many helpers are still needed.

In particular, the race needs adult volunteers to help on race day with parking, as course marshals, and at the start and finish lines. If you can help in any of these areas, please sign up at <http://www.halloweeyoungun.com/volunteer.php>.

This race is a ton of fun and it's rewarding to help the kids discover the joys of running-- please sign up to help make it a great experience for them!

Feel free to direct any questions about the particular jobs to volunteer coordinator lisa_reichmann@yahoo.com.

To volunteer for other club events (such as the Black Hill 10K or our other low-key races) just visit the volunteer sign up page and fill out the online form: <http://www.mcrrc.org/volunteer.php>.

OTHER HAPPENINGS

Club gear for Christmas

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-sleeve running shirts or the comfy wind jacket, all adorned with the MCRRC logo. Take a peek at: <http://mcrrcstore.passportintl.com/>