

Ins and Outs - Friday Oct. 28

If you're not planning to run the Rockville 5K/10K this year, why not volunteer instead? There are all kinds of jobs still open, but the most pressing need is for course marshals.

Volunteers can expect: Pre-race doughnuts, commemorative long-sleeved race t-shirt, the post-race social featuring several local food establishments and an extra hour of sleep the night before! That's because the Rockville 5K/10K takes place on Sunday, Nov. 6, at 8:30 AM the morning after clocks are turned back an hour for Daylight Savings Time.

In addition, there are plenty of pre-race volunteer jobs available, if you can't make it the day of. To volunteer, visit this site and sign up: <http://www.mcrrc.org/volunteer.php>

Got an item for Ins and Outs, questions or comments? Please email 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

Announcing a new race: The Seneca Slopes Cross Country 8K

The race takes place Sunday, Dec. 18, 9 AM at Seneca Creek State Park in Gaithersburg.

Come enjoy the last club race of the year (and the final event in the cross-country series) over a multi-terrain 8K course.

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.

For more information, visit: http://www.mcrrc.org/racing/2011/race_descriptions.php#frozen_slopes

VOLUNTEERS

See the Gaithersburg Winter Lights Fest for Free

Maybe you have always wanted to see the lights in Seneca State Park at during the holidays, but balk at paying to see them?

Here is your chance to enjoy them at no cost. In fact, we will feed you and give you stuff.

We need volunteers to help with the Winter Lights Run on the evening of Saturday, Nov. 19.

Race organizers need help before, during and after the race, including course marshals, help with food, equipment, cone layout, handing out bibs and chips, collecting chips and other jobs as well. You can do some of these jobs even if you are running the race. Please note we do not need anymore water stop workers.

Keep in mind that the race has sold out, but you can still be involved – and enjoy the light display – by volunteering.

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

OTHER HAPPENINGS

Run in Memory of Coach Mike

On Saturday, Nov. 5 at 9 AM, the Experienced Marathon Program (XMP) is sponsoring a trail run in memory of Mike Broderick longtime club member and beloved coach to many.

It will be one year to the date that Mike passed away. We have decided to honor his memory on that day with a trail run on the trails that he frequently ran and loved in Seneca Creek State Park.

This will not be a race. It will be a fun run of approximately 10-miles, 5 out and back. Anyone wishing to run shorter can simply turn back early. The trail will be well marked so even non-trail runners will easily be able to follow it.

There will be a water-stop manned by special guests, and a pavilion/picnic area where participants can bring pot luck food and refreshments for the finish.

The run is free and open to everybody that wishes to participate. There is no RSVP required. Just show up, preferably bring some "pot luck" with you and join with others in the Run in Memory of Coach Mike.

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