

Ins and Outs for Friday, April 29, 2011

We are just shy of May on the calendar and that means wonderful spring running! MCRRC has races all around this month so there are plenty of opportunities to come on out and join us either as a runner or volunteer – or both! We are in need of volunteers for events every weekend this month - we've got something for everyone and we promise it will be fun! If you have an item for Ins and Outs, or any questions or comments, please email [ins\\_and\\_outs@mcrcc.org](mailto:ins_and_outs@mcrcc.org).

Karen Kincer, Editor

## OFF TO THE RACES

### Run Aware 5K

The new and improved Run Aware 5K will be held on Sunday, May 1 at Cabin John Park in Potomac. This year's event will be a cross country race and will include ¼ and ½ mile young runs as well as a 1K junior participation race. Events begin at 8:00 AM and registration is race day only beginning at 7:00am. Please use the Westlake Drive entrance.

[http://www.mcrcc.org/racing/2011/race\\_descriptions.php#run\\_aware](http://www.mcrcc.org/racing/2011/race_descriptions.php#run_aware)

### Capital for a Day 5K

For those of you not up for the trails of Cabin John, the Capital for a Day 5K will be held on Saturday, May 7 at Rosa Parks Middle School in Olney. There will be young runs at 8:00 AM, followed by the 5K at 8:20 AM. [http://www.mcrcc.org/racing/2011/race\\_descriptions.php#brookeville\\_5k](http://www.mcrcc.org/racing/2011/race_descriptions.php#brookeville_5k)

### Kids on the Run

Kids on the Run will be held on Sunday, May 15 at Bohrer Park in Gaithersburg. Registration for this popular kids' event is now open online or via mail. There will be .5K, 1K and 2K races as well as a 100 meter toddler trot. Registration fees increase after May 5!

<http://www.mcrcc.org/races/KidsOnTheRun/>

### Germantown 5 Miler

Online registration is available for the Germantown 5 Miler scheduled for Saturday, May 21 at the Seneca Meadows Corporate Center in Germantown. Registration fees increase on May 7!

<http://germantown5miler.com/>

## VOLUNTEERS

Thanks to all who volunteered for Pike's Peek on April 17 and in the days leading up to it. You can check out some great photos of runners and volunteers on MCRRC's photo site.

<http://www.mcrccphotos.com/>

Did you know that it takes around 30 volunteers to put on the average low key club race? If you enjoy MCRRC's races and events please come out and volunteer! Most jobs are not difficult and it is really fun

to meet and work with other club members. You can sign up to volunteer for any of our races on the club website. <http://www.mcrrc.org/volunteer.php>

#### WEEKLY WORKOUTS

The Tuesday/Thursday night runs have moved to their spring and summer home at Lake Needwood. Runs begin at 6:30pm at Lake Needwood, in the parking lot at the head of the hiker/biker trail. The runs are open to all club members, regardless of pace and there will be an attempt to place runners of similar paces into groups. The out and back course also makes it easy to lengthen or shorten your run.

Wednesday night track workouts have also moved to their summer home at Montgomery College in Rockville. Workouts begin at 7:00pm – come early to warm up!

Other club runs covering every day of the week are listed on the website.

<http://www.mcrrc.org/training/wkout.php>

#### CLUB BUSINESS

Minutes from the March Board of Director's Meeting are posted online.

[http://www.mcrrc.org/minutes/2011-03\\_bod\\_minutes.pdf](http://www.mcrrc.org/minutes/2011-03_bod_minutes.pdf)

#### RMS RACES

RMS Races are races for which MCRRC has been hired to provide timing or other logistical support. They are not sponsored by MCRRC and are not part of our club race series but are great races to come out and run and many benefit great local charities.

Upcoming races:

##### [Takoma Park Safe Routes 5K](#)

Sun 5/1 8:00am  
Takoma Park, MD

##### [Woodacres Jogfest 5K](#)

Sat 5/7 7:00am  
Bethesda, MD

##### [Run for Animals](#)

Sun 5/15 8:30am  
Wheaton, MD

##### [Scoot for Scooter](#)

Sun 5/15 10:00am  
Sandy Spring, MD

##### [Mercy 5K Health Run](#)

Sat 5/21 8:30am  
Rockville, MD

##### [Jeremy's Run 5K/10K](#)

Mon 5/30, 8:30am  
Olney, MD