

Ins and Outs for Friday, August, 5 2011

Many thanks to all who came out and enjoyed the Volunteer Picnic on Sunday afternoon. Everyone seemed to have good things to say about the event but if you do have any suggestions, please email picnic@mcrrc.org. This weekend brings us to one of the more famous events on the MCRRC race calendar, Riley's Rumble. In an effort to beat the heat, the race will kick off at 7:00 AM at the South Germantown Recreational Park. The current low temperature on the forecast for Sunday is 76 degrees so just grab that water bottle now and start hydrating for this great half marathon!

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

Karen Kincer, Editor

OFF TO THE RACES

Going Green Track Meet

The Going Green Track Meet will be held on Friday, August 12 at Walt Whitman High School in Bethesda. In addition to the one and two mile races, there will be quarter and half mile young runs and a 4x400m relay. Gather your running buddies and come on out for a great night at the track! This is part of our 2011 low key race series and the two mile run will be part of this year's championship series. Races begin at 7:30pm and registration is race day only.

http://mcrrc.org/racing/2011/race_descriptions.php#going_green_track_meet

Comus Run Cross Country

The Cross Country Series gets back in gear this month with the Comus Run Cross Country 5K at the Bachman family home in Comus, MD. The rolling hills of this course are about 25% on trails and the rest on grass. Cross country spikes are welcome if you have them! Race time is 5:30 PM.

http://mcrrc.org/racing/2011/race_descriptions.php#comus_run

Parks Half Marathon:

This year's Parks Half Marathon will be held on Sunday, September 11. The race is over half full already so don't hesitate to get online and sign up!

<https://www.signmeup.com/site/online-event-registration/75201>

VOLUNTEERS

Our trio of August races, Riley's, Going Green and the Comus Run all need volunteers! Please go to the Volunteer page on MCRRC's website to sign up!

Volunteers are also needed for the Parks Half Marathon on September 11. It seems far away but it would be really helpful for the organizers if you could take a minute to sign up now while we're still in the lazy days of summer. You can sign up on the Parks website, <http://www.parkshalfmarathon.com/volunteer.asp>.

TRAINING PROGRAMS

Three of MCRRC's popular fall training programs are gearing up to begin in the next few weeks. All three programs culminate with the Rockville 5K and 10K Races on November 6, 2011 in King Farm:

- **The 10K Program:** Registration is filling up fast and likely to close within a week for this running Program, which welcomes both first-timers to the distance and experienced runners who are looking to improve their performance. The program will hold track workouts on Tuesdays and long runs on Saturdays at various locations. First run: Tuesday, August 16 at 6:30 PM.
- **The 5K running program** trains beginning or resuming runners and anyone who is currently unable to run continuously for 20-30 minutes. The program will meet twice weekly for Wednesday track work and Sunday long runs.
- **The 5K walking program** is designed for walkers who want to improve their fitness level and train for the 5K distance. The program will meet twice weekly for Tuesday night track work and Sunday long walks.

Both of the 5K programs begin with orientation and a run or walk at Montgomery College track on Wednesday, August 17 at 6:30 PM. Visit www.mcrc.org for more information about all three programs.

CLUB BUSINESS

Photos

Have you checked out MCRRC's Photo site lately? Be sure to check it out! We have a great group of volunteer photographers who come out to all of our races and events and share their work with us on the site. Thanks all! <http://www.mcrcphotos.com/>

Board of Directors' Minutes

The minutes from the July meeting of the Board of Directors are available. http://mcrc.org/minutes/2011-07_bod_minutes.pdf