

Ins and Outs for Friday, January 7, 2011

Happy New Year! New training programs, a new racing season and new club merchandise are all here – read on for details! If you have an item for Ins and Outs, or any questions or comments, please email ins_and_outs@mcrcc.org.

Karen Kincer, Editor

OFF TO THE RACES

Shooting Starr ***** PLEASE READ NEW LOCATION INFORMATION *****

The Shooting Starr 4 Miler will be held on Saturday, January 15th at 8:00 AM. **The race starts at Sligo Middle School, 1401 Dennis Avenue, Silver Spring, MD 20902.** The approximately 4 mile long race is the first of eleven races in the MCRRC 2011 Championship Series. Arrive early, as all members who did not run on New Year's Day will need to register and receive a new chip for the 2011 race series. http://www.mcrcc.org/racing/2011/race_descriptions.php#shooting_starr. To save time, print out and bring a completed Club Race Entry form (http://www.mcrcc.org/racing/club_race_entry_form.pdf).

Country Road Run

The Country Road Run will be held Sunday, February 20th at 8:00AM at the Olney Swim Center. The 5-mile race is the second in the 2011 Championship Series. There will be a one-mile Junior Participation Run beginning at approximately 8:05AM.

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

RRCA 10-Mile Challenge

While not a club race, consider putting the RRCA 10 Mile Challenge, hosted by the Howard County Striders, on your calendar. The race, scheduled for February 27th, includes a large team competition for the Maryland RRCA clubs. MCRRC will pay entry fees for members who participate. Contact Cara Marie Manlandro for more information. caramarie.manlandro@gmail.com

2011 MCRRC Race Schedule

The complete 2011 race schedule is available on the MCRRC website.

<http://www.mcrcc.org/racing/2011/schedule.php>

2011 Championship Series

If you are planning to run the 2011 Championship Series, you might want to start out by checking out the schedule and rules that are posted on the MCRRC website. (Just scroll down for the rules.)

http://www.mcrcc.org/racing/2011/championship_series.php

The schedule and rules for the 2011 Cross Country Series are also available.

http://www.mcrcc.org/racing/2011/cross_country_series.php

IPICO TIMING SYSTEM (or what happens to my chip from last year?)

The IPICO Timing System will once again be used to time and score the MCRRC 2011 Low Key Race Series.

Members who have a chip from the 2010 race series should bring the 2010 chip to the first race they run in 2011. Your 2010 chip will be exchanged for a 2011 chip at no charge. If you forget to bring your 2010 chip to the first race you run in 2011, you will be charged a \$5 deposit. You will be able to get a refund if you turn your 2010 chip in at a later race.

Members who do not have a 2010 chip will need to register as usual and pay a \$5 deposit for a chip for the 2011 race series.

VOLUNTEERS

The first races of the 2011 Low Key Race series are now listed on the website for volunteer sign-up. If you think you are able to volunteer for a race, please go ahead and sign up as early as possible. It will help you organize your calendar and help the race director plan appropriately and avoid that last minute begging! <http://www.mcrrc.org/volunteer.php>

TRAINING PROGRAMS

Good luck to those runners who are beginning the Winter Half Marathon Program and Speed Development this month!

WEEKLY RUNS

Even if you aren't taking part in any of MCRRC's formal programs, there are lots of opportunities to get out and run every week. The runs listed below are free and all are welcome! (You can click on the name of each run for more information.)

Monday at Kentlands, 7pm. Run from 5-7 miles on trails in the summer and roads in the winter.

Tuesday Track Workout, 6:30pm in Rockville from mid-January through April.

Tuesday/Thursday Easy Runs, 6:30pm. Summer runs are at Lake Needwood. The winter runs are in Rockville. Distances typically range from 4 to 7 miles.

Wednesday Track Workout, 7pm in Rockville. Summer runs are at the Montgomery College track.

Weekend Trail Runs, 7:30am (8am in winter months) on Saturdays in Rock Creek Park. Seven-mile loop on dirt trails, scenic and a bit hilly. Sunday Trail Runs are held on the Greenway Trail at 7:30am.

Sunday Bikepath Runs, 8:00am at KenGar near Knowles Ave. and Beach Drive. Low-key training runs.

Walking Group, meets for **three** scheduled walks every week at the same starting points as the club's scheduled runs. Walkers of all levels are welcome, though we do try to maintain a pace of about 15 minutes per mile.

The Back of the Pack group (10 minute per mile pace and over) meets at some of the workouts listed above and also has some additional runs. More information about the Back of the Pack group is on the website. <http://www.mcrrc.org/training/backpack.php>

Winter Weather

Please remember to stay in touch with MCRRC via our website, our social networking groups, and most importantly mcrrc-info and mcrrc-alert for updates to the club schedule over the next few months as the winter weather may bring some cancellations or changes to scheduled workouts or races.

YOUTH RUNNING

Did you know that MCRRC hosts a program of free kids runs throughout the year? A full schedule is available on the website and year-end awards are given to those who complete a set number of runs. Full details are available in the Youth Running section of MCRRC's website.

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

2010 Junior Participation Series

Runners 18 and under who ran in five of eleven races in the Junior Participation Series are eligible for a Junior Participation Award. Forms are due to Jim Rich by January 31st.

<http://www.mcrrc.org/awards/juniorparticipationseries.pdf>

2010 Young Run Series

Runners 12 and under who ran in four of nine races in the Young Run Series qualify for a Young Run Award. Details are on the form due to Patti Rich by January 31st.

<http://www.mcrrc.org/awards/youngrunseries.pdf>

CLUB BUSINESS

Club Store

The MCRRC Store is now online! Be sure to shop for your official club merchandise!

<http://mcrrcstore.passportintl.com/>

Board of Directors Meeting

The Board of Directors' January meeting will be held on Thursday, January 13, 2011.

Save the Date!

MCRRC's annual awards party will be held on Sunday, February 13, 2011 at the Rockville Hilton from 4:00PM to 9:00PM. Look for more information on the website and in your mailbox soon!