

Ins and Outs for Friday, July 22, 2011

Congratulations to all those who ran this year's Rockville Rotary Twilight Runfest, and especially to those who did so as part of MCRRC's 8K Training Program. It was a fabulous night for a run and a good time seemed to be had by all. The race calendar will be quiet for a couple of weeks but we will be taking a few hours to appreciate one of MCRRC's most valuable assets – our volunteers! If you volunteered in the past year, please come out and join us at the MCRRC Volunteer Picnic on Sunday, July 31 at Cabin John Park in Potomac. You can rsvp to picnic@mcrrc.org. Hope to see you there!

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

Riley's Rumble

Get ready to rumble! Riley's Rumble returns to the South Germantown Recreational Park on August 7th bright and early at 7:00 AM. The half marathon which travels some beautiful country roads is a popular fall marathon tune up. The race is part of MCRRC's low key race series and members should use their 2011 IPICO chips. Registration for members who have not yet run one of the 2011 low key races can be done on race morning. Non-members may register in advance to cut down on race morning lines. <http://mcrrc.org/races/RileysRumble/>

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

Parks Half Marathon:

This year's Parks Half Marathon will be held on Sunday, September 11. The race is about half full already so don't hesitate to get online and sign up! <https://www.signmeup.com/site/online-event-registration/75201>

VOLUNTEERS

Many thanks to all the great volunteers who worked so hard to make this year's Twilghter a great success. In addition to this being a really fun race, did you know that the event raises over \$40,000 annually for the Rockville Recreation Fund and the Rockville Rotary Club Foundation? Last year the Rockville Recreation Fund provided assistance for over 200 families to send children to camp and participate in other programs. The Rotary Club Foundation has supported the Treatment and Learning Centers, Crime Solvers and the Cub Scouts. Your volunteer efforts make that possible so THANK YOU!

Volunteer Picnic

The Board of Directors invites all MCRRC volunteers to come out and join us for the Volunteer Picnic which will be held on Sunday, July 31. Please come out and enjoy a picnic and some socializing with your fellow volunteers. The event will be held in the private picnic area of Cabin John Park on Tuckerman Lane. Bring the kids – in addition to the moon bounce there is a playground and plenty of space to run around! Please RSVP to picnic@mcrcc.org !

Summer Races

And please don't forget to sign up to volunteer for those late summer races on our calendar. Many folks are out of town at this time of year and the race directors will really appreciate your help!

TRAINING PROGRAMS

Fall Training programs are gearing up. Orientations for the 10K and 5K programs will take place in the next few weeks. For more information and to sign up visit MCRRC's training programs page. <http://mcrcc.org/programs/>

TEAM NEWS

Congratulations to MCRRC's Masters Teams for taking first AND second at the Twilight Runfest. MCRRC's Open Team placed 6th.

CLUB BUSINESS

Grand Opening Celebration for the Rock Creek Trail Bridge

Bring your bike or your running shoes and join Montgomery County Parks, the Maryland State Highway Administration and Montgomery County Road Runners Club as we

celebrate the Rock Creek Trail Pedestrian Bridge, Saturday, July 23, 2011 from 10:00 AM – 12:00 noon. There will be refreshments, a ribbon cutting and a ride/run led by the Montgomery County Road Runners Club. Parking is available at Aspen Hill Local Park, 5013 Baltic Avenue, Aspen Hill, MD 20853. For more information see www.MontgomeryParks.org.

Board of Directors' Minutes

The minutes from the June meeting of the Board of Directors are available.
http://mcrrc.org/minutes/2011-06_bod_minutes.pdf