

Ins and Outs for Friday, March 4, 2011

BAKERS NEEDED! The Piece of Cake 10K is coming up on March 20! For those of you who simply thought the name of this race was a sarcastic reference to the hills in Seneca Creek State Park, you should know that it is actually named for MCRRC's Birthday Party! To celebrate, the race will be followed by MCRRC's Annual Meeting at which the Board of Directors for the coming year will be elected and other club business may be conducted but more importantly, we eat cake! You are encouraged to bring your greatest baking creations to share with your fellow club members. Please let Club President Jean Arthur know if you will be bringing cake so that we may plan accordingly.

[jeanarthur@msn.com](mailto:jeanarthur@msn.com)

If you have an item for Ins and Outs, or any questions or comments, please email [ins\\_and\\_outs@mcrrc.org](mailto:ins_and_outs@mcrrc.org).

Karen Kincer, Editor

## OFF TO THE RACES

Seneca Creek Greenway Trail Marathon and 50K

The Seneca Creek Greenway Trail Marathon and 50K is tomorrow beginning at 8:00 AM at Damascus Regional Park. Shuttles will be provided from Riley's Lock (the finish) to Damascus Regional Park (the start) at 6:45 AM. Full details are on the race website. <http://senecacreektrailrace.com/> Good luck to all participants!

Piece of Cake 10K

The third race in the MCRRC 2011 Championship Series, the Piece of Cake 10K, will be held on Sunday, March 20<sup>th</sup> at 8:45 AM at Seneca Creek State Park in Gaithersburg. There is something for everyone at this race - quarter and half mile fun runs will be held at 8:30 AM as part of the 2011 Young Run Series and a 2.78 K Junior Participation Series run will kick off at 8:50 AM. The race is followed by MCRRC's Annual Meeting and Birthday Party which will include CAKE as well elections for MCRRC's Board of Directors and other club business.

[http://www.mcrrc.org/racing/2011/race\\_descriptions.php#piece\\_of\\_cake](http://www.mcrrc.org/racing/2011/race_descriptions.php#piece_of_cake)

## VOLUNTEERS

Piece of Cake Race Director Mayra Fairburn is in particular need of people to help with course layout, parking and to serve as course marshals. You can sign up to volunteer for Piece of Cake and all of MCRRC's 2011 races on the website. Please take a look and pencil in a couple of races to volunteer for this year. <http://www.mcrrc.org/volunteer.php>

If you wish to volunteer for the Pike's Peek 10K, the first major race on the MCRRC calendar for the year (April 17), you can now sign up on the Pike's Peek website for the volunteer job of your choice.

[www.pikespeek10k.com](http://www.pikespeek10k.com)

## REGISTRATION TEAM VOLUNTEERS

MCRRC is forming a Registration Team to fill a key role at our Low Key Club Races. This is a great opportunity for a few folks to make a substantial contribution to the club while working through an injury or who are engaged in a training program that might not allow for competing in a lot of our club races.

The members of the Registration Team will coordinate registration activities at our low key races. Team members will train and manage registration volunteers, coordinate with data entry volunteers as needed and troubleshoot registration problems for runners.

Team members will work amongst themselves to assign members to volunteer at each of the low key club races. The time commitment for each race is approximately two hours and only one member of the registration team should need to be present at each race - many hands will make light work!

Simple training will be provided. Individuals who are interested in becoming members of the Registration Team should contact Club Race Coordinator George Tarrico at [gtarrico1@verizon.net](mailto:gtarrico1@verizon.net).

## TRAINING PROGRAMS

Registration for the 8K Spring Training Program which targets the Rockville Rotary Twilight Runfest on July 16 is now open! The program is designed for those who have run a 5K or 10K race and would like to improve their speed and train in a group setting though novice runners are also very welcome. Full details are available on the club website. <http://www.mcrrc.org/programs/EightK.php> Individuals who have questions should contact Coach Shirley Skorbiansky ([sskorbiansky@gmail.com](mailto:sskorbiansky@gmail.com)).

## TEAM NEWS

Congratulations to all the MCRRC runners who competed in the RRCA 10 Mile Challenge on Sunday, February 27. Word on the street is that there were a good number of PRs by MCRRC runners! MCRRC placed third in the Coed Division.

A list of all the 2011 races at which MCRRC expects to field teams is available on the website. Runners of all ages and paces are encouraged to run on our teams. <http://www.mcrrc.org/member/team.php>