

Ins and Outs for Friday, May 27 2011

Happy Memorial Day! This weekend for most marks the start of summer – the pools open, the countdown to the last day of school has begun and the grills are dusted off and ready to go. Come out and celebrate with MCRRC at the Memorial Run on Monday, at Rock Creek Valley Elementary School on Russett Road in Rockville. Race time is 8:00 AM with a One Mile Fun Run, part of MCRRC's Junior Participation series, beginning at 8:05 AM.

http://www.mcrrc.org/racing/2011/race_descriptions.php#memorial_4m

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

Capital Crescent 5K

The next race in the MCRRC Championship Series is the Capital Crescent 5K on June 5. The race begins in downtown Bethesda and utilizes the popular Capital Crescent Trail for a fast out and back 5K race. While part of MCRRC's low key race series, this is a very popular race in the community as a whole so please remember to allow plenty of time for parking and registration if this is your first race of the year. Race time is 7:00 AM! http://www.mcrrc.org/racing/2011/race_descriptions.php#capital_crescent

Gaithersburg Cross Country

The Gaithersburg Cross Country 5 K moves to a new location this year, the beautiful Agricultural History Farm Park in Derwood. This is the third of eight events in the 2011 MCRRC Cross Country Championship Series. Registration is race day only beginning at 6:00 PM, an hour before the 7:00 PM start on Friday June 10. http://www.mcrrc.org/racing/2011/race_descriptions.php#gaithersburg_xc

Run for the Roses

Registration for Run for the Roses, the 4th race in the RRCA Maryland Women's Distance Festival Grand Prix Series, is open. The race will be held Saturday, June 18 at Wheaton Regional Park. Registration fees are \$20 until May 29 when they increase to \$25. Options to purchase a technical shirt or Run for the Roses tote bag are also available online. <http://www.mcrrc.org/races/RunForRoses/> Gentlemen, don't forget to sign up to volunteer! <http://www.mcrrc.org/volunteer.php>

VOLUNTEERS

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>

TRAINING PROGRAMS

Experienced Marathoners Program

Online registration is open for XMP – MCRRC’s Experienced Marathoner’s Training Program. The program, led by Harold Rosen, is designed for those who have completed at least one marathon and are looking to improve their performance. Be prepared – this program is like a graduate level course – runners should expect a more demanding training schedule than MCRRC’s First Time Marathon program. All paces are welcome! See the website for complete details – orientation is on June 11th. <http://www.mcrrc.org/programs/expmar/expmarathon.php>

WEEKLY WORKOUTS

Pot-Luck Picnic Supper after Carderock Run on Thursday, June 9

Come and join us for a pot-luck picnic supper after the Carderock run on Thursday evening, June 9. Former club president Cathy Blessing will be in town and will be joining us. The run starts at 6:30 PM and the pot-luck supper will follow -- around 7:30 PM - at the picnic tables by the parking lot. You are encouraged to bring some runner-friendly food or drink to share. This event has been a lot of fun in the past.

More details about the run and instructions on how to get there are found on the MCRRC Website under Weekly Workouts. <http://mcrrc.org/training/thursrun.php>.

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

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

CLUB BUSINESS

Save the Date!

MCRRC’s Annual Volunteer Picnic will be held on July 31 at Cabin John Park. Details will be coming soon!

Board of Director’s Minutes

Minutes from the May Board of Director’s Meeting are online. http://www.mcrrc.org/minutes/2011-05_bod_minutes.pdf

If you’re not even sure who is on the board, that’s online too! <http://www.mcrrc.org/board.php>

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:

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

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

[Alex's Run 5K](#)

Sun 6/26 8:30am
Olney, MD