



Ins and Outs

an e-newsletter from Montgomery County Road Runners

Ins and Outs for Friday, October 29, 2010

Good luck to everyone running the Marine Corps Marathon this weekend! Enjoy the race, try to glimpse the beautiful monuments, thank a Marine and for those of you who are planning to take the kids Trick or Treating on Sunday night, don't forget the massage at the MCRRC Hospitality Suite! Your legs will thank you as you try to keep up with the kids on their adventures! 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

Rockville 10K/5K

Up next on the MCRRC Calendar is the Rockville 10K/5K on November 7th. The oldest continuing race in Montgomery County runs through the King Farm Community. The event will employ two starting times, 8:30am for the 10K and 8:45am for the 5K. Be sure to sign up for the distance that you wish to run as the chip timing system will not allow us to accommodate changes mid-race! Also please note that Daylight Savings Time ENDS on Sunday the 7th so your clocks should be set BACK one hour at 2:00am the morning of the race. The good news is that if you forget to set your clocks back you will just be really early for the race! <http://www.mcrcc.org/races/Rockville10k5k/registration.htm>

Candy Cane City 5K

The Candy Cane City 5K will be held on Saturday, November 13th at 8:00am. The 5K course runs along Beach Drive and through the trails and neighborhood in Chevy Chase. This is the 8th of 10 events in the MCRRC 2010 Championship Series. Time to get out there and rack up those points!

http://www.mcrcc.org/racing/2010/race_descriptions.php#candy_cane

VOLUNTEERS

Many thanks to all the volunteers who came out to support this year's NASA Federal Credit Union Halloween Young Run. I know from the anecdotes I hear in my neighborhood that this is an event that many kids, as well as parents and grandparents, look forward to year after year.

If you've enjoyed taking part in any of MCRRC's events this year, then you have benefitted from the work of our great volunteers! Please remember to get out there and volunteer yourself before the end of the year. You can sign up to volunteer for any club race on the main volunteer page or visit the individual race sites for some of our larger events this fall!

MCRRC Volunteer Page <http://www.mcrrc.org/volunteer.php>

Rockville 10K/5K

Rockville 10K/5K has great need of course marshals (18 and over, please), registration volunteers (18 and over), as well as other slots available. Please email runaware@mcrrc.org or use the online form. <http://www.mcrrc.org/races/Rockville10k5k/volunteer.htm>

Run Under the Lights

If you missed out on one of the running slots for Run Under the Lights on November 20th, consider volunteering and you will still be getting a fabulous sneak peak at the Winter Lights show! For those of you who hate to give up a run to volunteer (and we are all guilty of that sometimes...), this is a great opportunity to get out there. With the race starting at 5:45pm, most volunteer jobs will begin in the late afternoon leaving the whole morning for a run of your own! <http://www.mcrrc.org/volunteer.php>

TRAINING PROGRAMS

Good luck to all participants in the 10K Smarter Running Program, 5K Coed Running Program and 5K Walking Program who are winding up their training in preparation for the Rockville 10K/ 5K.

Bridging the Gap

Beginning on November 20th, Wanda Walters and MCRRC Board Member Karen Craney will coordinate informal runs for MCRRC Members on the Capitol Crescent Trail, Saturday mornings at 8:00am. Runners will meet in the parking lot across from Barnes and Noble in Bethesda and gather into groups of similar paces. This group run will take place into 2011 until the beginning of the club's winter training programs in January. Stay tuned to mcrrc-info for schedule changes due to weather, events in Bethesda or to avoid conflict with the club's race calendar.

New Winter Half Marathon Program

Wondering how to stay sharp through the winter for your favorite spring race? Just like the lottery – you gotta play to win; only in this case you have to RUN in the winter to get stronger and faster for spring races! The new winter HMP will help get you to that win! Join Coach Beth Serepca and her fabulous team of pace coaches for the new 16 week program starting on January 5th. <http://www.mcrrc.org/programs/winterhalf.php>

For those of you who aren't up for half marathon training this winter, stay tuned for information on the popular Speed Development Program which also begins in January.

CLUB BUSINESS

Minutes from the October Board of Director's meeting are available on the club website. http://www.mcrrc.org/minutes/2010-10_bod_minutes.pdf

Did you know that the Club accepts nominations for numerous annual awards including Runner of the Year, Coach of the Year, Most Improved Runner, and Volunteer Service Awards? Most nominations are due by December 10th so it is time to start thinking about those individuals who have really made an impact either running or volunteering this year. Awards are presented at the club's annual awards banquet in February. <http://www.mcrrc.org/awards/>

OTHER HAPPENINGS (published with board approval)

Most of you have heard the sad news that Experienced Marathon Program Coach Mike Broderick has been diagnosed with lung cancer. Mike has coached and been a friend and mentor to many members of MCRRC. Julie Sapper, Eric Melby and Jim Martin have started an effort to raise money to support lung cancer research in honor of Mike by running the NYC ING Marathon on November 7th with Team Labrecque: Uniting Against Lung Cancer. (<http://www.tglfoundation.com/>) To support Julie, Eric and Jim in their efforts you can visit their fundraising page.

<http://www.active.com/donate/tglnymarathon10/JulieJimandEric>