

Ins and Outs - Friday Dec. 23

As 2011 draws to a close and 2012 beckons, Ins and Outs wishes you and yours a safe, warm and active holiday and a New Year filled with many miles of fun and adventure!

Got an item for Ins and Outs, questions or comments? Send them to ins_and_outs@mccrc.org.

Laura Evans, Editor

OFF TO THE RACES

New Year's 5K – NEW LOCATION

You'll have a new route to run for this popular race in 2012 – the 5K is moving to Seneca Creek State Park, where you get to work on those New Year's running resolutions right away with some challenging hills.

Date: New Year's Day, Sunday, Jan. 1. Race start time is 9:30AM. The course will be an out and back, starting and finishing at Park HQ. The park opens at 8AM and registration will begin as soon as possible thereafter, says race coordinator George Tarrico.

Because this is the first race of 2012, all runners must complete a club registration form. New bibs and chips will be required for 2012. Club members can exchange their 2011 chips for new 2012 chips to avoid paying another \$5 deposit.

To speed things along, print and fill out the registration form from this site prior to your arrival:
http://www.mccrc.org/racing/2011/club_race_entry_form.pdf.

Parking will be inside the Park about 1/4 mile from the headquarters. You can get a nice warm up on your way to registration, but you need to arrive early enough to avoid the long lines that always are part of race registration. Also, consider carpooling with a running buddy or two.

For more info and a map to this year's New Year's 5K, visit:
http://www.mccrc.org/racing/2012/race_descriptions.php#new_years_day

2012 Race Calendar is up

No excuses, now – you can start to mark all the 2012 race dates on your new 2012 calendar right now! Get them here: <http://www.mccrc.org/racing/2012/schedule.php>.

Shooting Starr (Championship Series)

This race, named in memory of club member Jim Starr, takes place Saturday, Jan. 14 at 8AM. Location: Sligo Middle School, 1401 Dennis Ave. in Silver Spring.

The course is about 4 miles and comprised of two loops, following the Sligo Creek Trail, then winding

through side streets before looping back to finish along Dennis Ave.

For more information and directions:

http://www.mcrrc.org/racing/2012/race_descriptions.php#shooting_starr

Pike's Peek registration now open

The date of this year's popular 10K will be Sunday, April 29 at 7:50AM. The point to point race begins at Shady Grove Metro and finishes in front of White Flint shopping mall.

Tip: Register before Dec. 25 to save \$10 on the fee. Registration is \$25 (plus processing fee) before that date and \$35 (plus processing) starting Dec. 26. This year's premium is a fleece pullover.

For more details on the race and to register, visit: <http://pikespeek10k.com/>

VOLUNTEERS

If you're unable to run any of our races, such as the New Year's 5K or the Shooting Starr on Saturday, Jan. 14, we'd love to have your help on the course or helping out with food or registration. It's a great way to show support for your running friends and family members!

To sign up, visit: <http://www.mcrrc.org/volunteer.php>

PARTICIPATION SERIES AWARDS

Have you run in or volunteered for at least 16 of our 34 club races this year? If so, please complete the [Participation Series Award Application](#). At least two must be as a volunteer.

Return the form to John Way before the New Year's Day 5K, mail it to the address on the form, or email your details to participation@mcrrc.org.

WINTER TRAINING PROGRAMS

Keep your running going through the winter months with one of these fun, challenging programs:

The Speed Development Program begins Jan. 14 and trains runners for the Cherry Blossom 10 Mile Race, Pike's Peek 10K or other races of similar distances in the spring. For more information go to http://www.mcrrc.org/programs/speed_development/

The Winter Marathon/Half Marathon Program, which starts Jan. 18, trains runners for half or full marathons, including the National Rock 'n Roll Marathon, the Shamrock 1/2 or full marathon, or the Frederick Half. To find out more, visit: <http://www.mcrrc.org/programs/winterhalf.php>

MEMBER MOMENTS

Did you run your first marathon this year? Get a PR? Complete another challenging race or series of events? Or maybe your accomplishments were off the course – did you get married or have an addition to your family?

Tell your MCRRC friends about it! The Club will soon be starting up a print publication again and we'd like to include a "Member Moments" feature like we used to have in The Rundown – a place where members can share their personal milestones.

Send items for the column to Susan Debad, office@mcrrc.org.

Look for the first issue in early January!

Club gear for the holidays

Thinking about holiday gifts for the special MCRRC runner in your life? (It's not too late for New Year's!) Take a peek at the comfortable running gear available from the club's online shopping site. Check out the fleece vests, long-sleeved running shirts or the comfy wind jacket, all adorned with the MCRRC logo. Shop at: <http://mcrrcstore.passportintl.com/>