

Ins and Outs - Friday Jan. 20

If you are considering taking the big step of becoming a race director, you'll want to attend the meeting and training session for current and prospective race directors, taking place Sunday, Feb. 12 immediately after the Country Road Run (approximately 10AM) at the Olney Swim Center.

The meeting will go over changes to the race director's manual, which is currently being updated and will be released prior to the meeting.

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

Laura Evans, Editor

OFF TO THE RACES

Country Road Run (CS/JP)

Expect this one to be hilly and chilly as you roll through this challenging out-and-back course through the scenic farm fields and neighborhoods of Olney. The race takes place Sunday, Feb. 12, 2012 at the Olney Swim Center on Georgia Ave:

- 8:00AM 5mi race (CS)
- 8:05AM 1mi Fun Run (JP)

The race is part of our low-key club race series and is free for MCRRC members, \$10 for non-members 18 and over, and \$5 for non-members under 18. Registration is race-day only starting an hour before the race.

For more details, visit: http://www.mcrrc.org/racing/2012/race_descriptions.php#country_road

Tip: If this is your first race of 2012 (and you are an MCRRC member) avoid the long lines by printing and filling out the annual race form here:

http://www.mcrrc.org/racing/2012/club_race_entry_form.pdf

RRCA 10 Mile Challenge

Speaking of hills, here's a good race to do for a mid-winter tune-up. It's Sunday, Feb. 26 at 8AM at Howard Community College in Columbia.

This is a team race, with lots of inter-running club competition, and it's a lot of fun! The race fills quickly, so register today!

<http://www.striders.net/races/rrca/2012>

If you have questions, email Cara Marie Manlandro at caramarie.manlandro@gmail.com

2012 Race Calendar is up

Get the full schedule of MCRRC races for the year here:

<http://www.mcrrc.org/racing/2012/schedule.php>.

Pike's Peek registration is 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.

Registration is \$35 (plus processing fee). 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 Country Road Run on Sunday, Feb. 12, 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>

TRAINING PROGRAMS

Beginning Women Runners

Do you know a woman that wants to start running this year but needs a place to start? Or are you a female who is coming back from an injury or a hiatus from running and needs some encouragement? Why not join the Beginning Women's Running Program?

The program is designed specifically for women (sorry guys!), just beginning to run, or those coming back to running- via a structured, supportive environment. This is a non-competitive program for women of all shapes, sizes and skill levels.

The group trains on Tuesdays and Saturdays beginning with orientation on March 20 and culminating with the Run for Roses on June 16. Find out more and register at:

<http://www.mcrrc.org/programs/bwrfaq.php>

CLUB BUSINESS

Check out the December minutes of the Board of Directors to see what's new:

http://www.mcrrc.org/minutes/2011-12_bod_minutes.pdf

MEMBER MOMENTS

The new print publication, *Intervals*, is here! Now we need your input.

Did you run your first marathon last 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! *Intervals* will 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.

OTHER ACTIVITIES

Attention women runners: Fleet Feet's Annual Diva Night will be Friday, Feb. 3, 2012 from 7-9PM. The event this year will benefit Girls on the Run of Montgomery County.

Expect facials, massages, sports bra fittings, goodie bags and, of course, chocolate! Admission is \$5

Attendance is limited to 75 women, so sign up soon. RSVP by Jan 27 to Kanayo Anekwe, Director of Operations and Special Events at [301-926-6442](tel:301-926-6442) or kanayo@fleetfeetgaithersburg.com.