

Ins and Outs - Friday Jan. 6

Happy New Year!

Here's one way to start 2012 off right: Make an appointment to draw on the collective wisdom of the coaches and clinicians at MCRRC's Stride Clinic.

You'll get an in-depth evaluation of your running style from the clinic's running coaches, physical therapist and podiatrist to help you quickly learn what your running strengths and challenges are – and find out some solutions. Cost: A reasonable \$25.

Find out more about the clinics and register online at: <http://www.mcrrc.org/stride/info.php>

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

Shooting Starr (Championship Series)

With the weather as balmy as it's been lately, you might be tempted to take race director Eric Bernhardt up on his challenge to run this 4 miler in your bathing suit...almost.

The Shooting Star 4 Miler, 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 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

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

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.mcrrc.org/racing/2012/schedule.php>.

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.

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 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>

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 has just a few slots left. If you're signed up but are worried about making the mileage after all those holiday rum balls, come out for one of the informal pre-program runs, Sun. Jan. 8 (5 or 7 miles) and Sun. Jan. 15 (6 or 8 miles) at 8 AM at Needwood Park. The formal program starts Jan. 18. To find out more, visit: <http://www.mcrrc.org/programs/winterhalf.php>

CLUB BUSINESS

Check out the latest minutes of the Board of Directors to see what's new: http://www.mcrrc.org/minutes/2011-11_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.

Look for the first issue in early January!