

Ins and Outs for Friday Sept 2

The date of the Parks Half Marathon, one of MCRRC's premier fall races, is fast approaching – Sunday, Sept. 11. With more than 2,000 runners, this 13.1 mile point-to-point event is an enormous undertaking requiring hundreds of volunteers. If you're not running it, consider coming out on race day to play a pivotal role in the success of the race.

Still needed, as of this week: start and finish line volunteers, course marshals and cone truck helpers. To register, visit:

<http://www.parkshalfmarathon.com/volunteer.asp>

If you have an item for Ins and Outs, or any questions or comments, please email ins_and_outs@mcrrc.org.

Laura Evans, Editor

OFF TO THE RACES

Cabin John Kids Runs

Kids 18 and under run for free at these races, which begin Sunday, Sept. 4 at 9 AM at Cabin John Regional Park in Potomac. The roster of races is as follows:

- 9:00 AM 0.25mi young run (YR)
- 9:10 AM 0.5mi young run (YR)
- 9:25 AM 1mi (JP)

Registration is race-day only. Find out more here:

http://mcrrc.org/racing/2011/race_descriptions.php#cabin_john_kids

Parks Half Marathon

Registration is still open for the race on Sunday, September 11. Start: 7 AM at the Rockville Metro Station, Finish: Downtown Bethesda. For details and to register online, visit:

<http://www.parkshalfmarathon.com/>.

XC Season is Here

There are three fun and challenging cross country events coming up in quick succession in the coming weeks:

Lake Needwood Cross Country, (JP, XC, YR) Saturday, Sept. 24, Derwood

- 8:30 AM 0.25mi & 0.5mi young run (YR)

- 8:50 AM 10km race (XC)
- 8:51 AM 1mi fun run (JP)

Cross Country on the Farm, (XC) Sunday, Oct. 09, Derwood

- 8:30 AM 5km race (XC)

Black Hill 10K, (XC) Saturday, Oct. 15, Germantown

- 9:00 AM 10km race (XC)

For more about each race, click on the title, or visit:

<http://www.mcrrc.org/racing/2011/schedule.php>

VOLUNTEERS

Even if you're not planning to run one of our upcoming races, consider volunteering your time to help ensure that these events are fun and well-organized. Remember that volunteering is a great way to offer special support to your friends and family members who may be competing.

In addition to the Parks Half Marathon mentioned above, the Club has numerous other upcoming races that need your assistance this fall, including the Cabin John Kids Runs on Sunday, Sept. 4, the Halloween Young Run on Sunday, Oct. 23 and of course the Rockville 5K/10K on Sunday, Nov. 6.

Signing up is easy! Just visit the volunteer sign up page and fill out the online form:

<http://www.mcrrc.org/volunteer.php>.

GREEN TEAM

Got Shoes?

The Green Team will be collecting used shoes at Parks Half-Marathon Packet Pick-up Saturday September 10th from 10:00 AM to 6:00 PM at RnJ's Sports Discounters, 11910-R Parklawn Drive, Rockville, MD 20852. Shoes with some life left will go to people in need in Montgomery County community via Interfaith Works <http://www.iworksmc.org/>. Well-worn shoes will be transformed into athletic surfaces and other products via Nike's Reuse-A-Shoe program.

Please wash sneakers with some life left and tie the laces together. (I toss them in the washing machine and wash in cold water, then stuff them with newspaper to absorb moisture and allow them to air dry. Sticking them in front of a fan also speeds the drying process.)

NOTE: Collection bins will ONLY be available SATURDAY at Packet Pick-up (NOT the Start or Finish lines).

Questions? Email greenteam@mcrrc.org

TEAMS UPDATE

If you are planning to run the Chicago Marathon, please consider running on an MCRRC team. To run on an MCRRC team, please fill out the team form found at <http://mcrrc.org/member/teamfm.html> by September 11.

If you are also a member of the Totally Non-Coached group, please indicate this on your team form so that you can all be placed on the same team. The club will try to honor additional requests to be on the same team with other runners.

TRAINING RUNS

Tuesday/Thursday workouts move

The Tuesday and Thursday 6:30 PM runs will move from Lake Needwood to Rockville on Tuesday, Sept. 6. These runs start at the **County Council Building** Public Parking Garage lower level. The garage is at the corner of Jefferson and Monroe in downtown Rockville. We will continue to run on both days at this time. Runs are usually 4-6 miles and we try to accommodate most paces. Please remember to wear reflective vests and bring a head lamp or flash light for safety as we will be running in the dark. For more details, see <http://www.mcrrc.org/training/tteasy.php>

Tuesday/Wednesday Track

Track workouts (Tuesday and Wednesday, 6:30 PM) will remain at Montgomery College track at least until the second week in September before moving to a newly resurfaced Wootton High School track for the fall and winter. Watch this space for more details.

BOARD NEWS

Get advanced word on what's coming up in MCRRC here: Board of Directors meeting minutes for August: http://www.mcrrc.org/minutes/2011-08_bod_minutes.pdf.

OTHER HAPPENINGS

Help keep the county's trails passable. If you run trails upcounty after a major storm (e.g., Irene) passes through, it would be very helpful to know the conditions of the trails so they can be repaired quickly.

If you find a blowdown blocking the trail, a washed out section or damaged bridge on the Seneca Creek trails please let the club know so that this can be passed on to the Parks. It is

very useful to know exactly where the problems are so that equipment and help have the shortest route to get to the problem.

For trails in County parklands you can call [301-670-8080](tel:301-670-8080)