

Ins and Outs - Friday Sept. 30

Here's a fun cold weather tradition to try: the Run Under the Lights 5K Run/Walk co-presented by the Montgomery County Road Runners Club and the City of Gaithersburg. Taking place on Saturday November 19, the race loops participants through Gaithersburg's Winter Lights Display in Seneca Creek State Park, where they'll pass by more than 380 illuminated vignettes, including 65 animations.

Online registration is now open for the event. Note that There will be a 600-participant limit (runners and walkers) due to parking limitations. Strollers are permitted in the walking group only.

Visit the website for more details and to register: <http://mcrrc.org/races/lights-run/>

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

Run the rolling hills of the Rockville 5K/10K

Sign up to participate in the “oldest continuing race in Montgomery County” – the 36th Annual Rockville 5K/10K, Sunday Nov. 6, 8:30 AM.

If you've never done it, the 10K is a challenging course that loops you through the Kings Farm neighborhood and the surrounding hills, while the 5K is a speedy out and back. At the finish, you'll fill up on yummy food from a collection of local restaurants.

Register to run or volunteer here: <http://www.mcrrc.org/races/Rockville10k5k/>.

XC Series Runs

Slip on your spikes and take to the trails! Here are two fun and challenging cross country events coming up in quick succession in the coming weeks:

[Cross Country on the Farm](#), (XC) 5K, Sunday, Oct. 09, 8:30 AM, Derwood

[Black Hill 10K](#), (XC) 10K, Saturday, Oct. 15, 9:00 AM Germantown

For more about each race, click on the title, or visit: <http://www.mcrrc.org/racing/2011/schedule.php>

VOLUNTEERS

Halloween Young Run: In just a few weeks it will be time for the 23rd Annual Halloween Young Run, one of the largest events of its kind for kids ages 12 and under! This year's race is on Sunday, Oct. 23.

The race needs lots of volunteers to help provide the safest - and most enjoyable - experience for the kids. Volunteers are needed the week before the race for packet stuffing, the day before at packet pick-up, and on race day before, during and after the race. Please sign up to help! The earlier you register to help, the more likely you are to get your first choice job so sign up soon!

For more information on volunteer jobs and to register, go to <http://www.halloweenyoungrun.com/volunteer.php>

To volunteer for most other club events just visit the volunteer sign up page and fill out the online form: <http://www.mcrrc.org/volunteer.php>.

OTHER HAPPENINGS

Sign-up for the MCRRC 2011 Marine Corps Marathon Hospitality Suite!

If you are running the Marine Corps Marathon, the Hospitality Suite is a great way to start and end your day. Here are the particulars:

2011 MCM Hospitality Suite, Sunday, October 30, 2011
Holiday Inn Rosslyn at Key Bridge
1900 N Fort Myer Drive
Arlington, VA

Suite Hours: 6:30 AM to 4:00 PM (doors are locked to secure the room between 8:00 AM and 11:00 AM)

Before and after the marathon, gather, natter and nosh.

Post-marathon massage \$25, cash only.

We hope you'll understand: No admittance without a fee. Everyone who enters pay first.

Sign-up this year is only in advance using SignMeUp---[follow this link to register online](#)

MCRRC Member price = \$22

Non-member price = \$27

Children (Ages 5 - 12) = \$10

The deadline for signing up is Monday, October 24th.

Again---registration is only via Sign Me Up and must be done in advance by October 24th. No race-day registration this year so plan ahead to join the suite.

Link address: <https://www.signmeup.com/site/reg/register.aspx?fid=F92VQJ7>

Contact for more information: Megan Carroll at meganjcarroll@verizon.net