![Montgomery County Road Runners logo] Montgomery County Road Runners

Ins and Outs

Hi Runner:

Hope you had a great holiday and a New Year's celebration. Congratulations and thank you to the 510 runners who came out for the New Years Day 5K which was hosted by the Manna Food Center. Our runners and MCRRC donated $1932 to help Manna provide food to those in need in Montgomery County. This was a fantastic way to start off 2016.

Get a jump on race planning by registering for a bunch of this year's races that are now open for business

- The inaugural La Milla de Mayo (The May Mile) and Kids Fun Runs on Saturday, May 7, 2016 at 6pm in Olde Towne Gaithersburg.   The event is hosted by the City of Gaithersburg in partnership with the Montgomery County Road Runners Club.

- Seneca Creek Greenway Trail Marathon and 50K on Saturday March 5. A bargain first class trail race at $25 for members.

- Your speedy neighborhood 10K pr course: Pike's Peek 10K on Sunday April 24th.

Also, sign up for the first stride clinic of the year for tomorrow, Saturday January 9th.

Make sure to claim your participation award. Did you participate in 16 or more of the MCRRC events last year as a runner or volunteer? If yes, and you volunteered at least twice, please submit an online application to receive your award premium.

In closing, at least we remembered to change the year on this email. And good luck with your check writing.

Best,
I&O
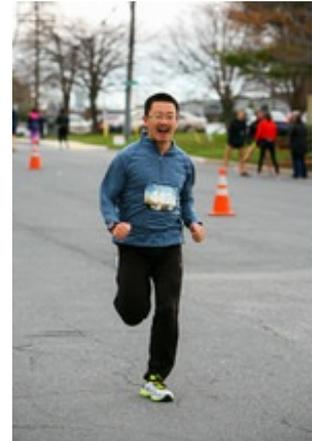ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

[Country Road Run](#)
January 31 @ 8:00 am - 10:00 am
[Olney Swim Center](#), 16601 Georgia Avenue
Olney, 20832 United States [+ Google Map](#)

Come out and run the scenic hills of Olney. 8:00AM 5mi race - course map (CS) 8:05AM 1mi Fun Run (YS).

[Click here to volunteer.](#)

Get Trained

2016 Speed Development Program
Registration for the 2016 Speed Development program is now open. The program has been training motivated runners of ANY PACE to achieve their best since 2002!

More information about the program and the link to register for the program can be found on the [club website](#). The program starts tomorrow 1/9, so move it!

Winter 5K Run/Walk Program
This is a [time-based program](#) that uses walking and running intervals at a comfortable pace that will either help you finish your first 5K or help you to maintain your mileage to complete an early Spring 5K or 10K (depending on your pace). The training sessions build up gradually to prepare walkers and runners for an early spring race while maximizing fun, meeting new friends, and preventing injury. Those with a consistent pace of 12 minutes per mile or faster will be able to comfortably complete a 10K at the end of the program if this is a goal of yours. Everyone will be able to complete a 5K by the end of the program. Learn more [here at the club website](#).

Race results

MCRRC Competitive Racing Team Results
courtesy of Nicolas Crouzier.

Calhoun's New Year's Day 5K -- 2016-01-01
Michelle Miller 18:31 (Gender rank: 1st of 367, Overall rank: 8th of 688)

New Year's Day 5K -- 2016-01-01
Nicolas Crouzier*** 16:30 (Age group rank: *1st of 13*, Gender rank: *1st of 264*, Overall rank: *1st of 510*)
Chris Shaw 16:31 (Age group rank: *1st of 26*, Gender rank: 2nd of 264, Overall rank: 2nd of 510)
Ning Rui 18:20 (Age group rank: 2nd of 13, Gender rank: 3rd of 264, Overall rank: 3rd of 510)
Paul Jacobson 19:09 (Age group rank: 2nd of 32, Gender rank: 10th of 264, Overall rank: 10th of 510)
Argaw Kidane 19:25 (Age group rank: 3rd of 39, Gender rank: 15th of 264, Overall rank: 15th of 510)
Yukun Fung 19:44 (Age group rank: 3rd of 21, Gender rank: 20th of 264, Overall rank: 22nd of 510)
Lee Firestone 19:55 (Age group rank: 3rd of 32, Gender rank: 23rd of 264, Overall rank: 25th of 510)
Miriam Mintzer 20:38 (Age group rank: *1st of 30*, Gender rank: 3rd of 244, Overall rank: 34th of 510)
Emily Pierce 21:14 (Age group rank: *1st of 35*, Gender rank: 4th of 244, Overall rank: 43rd of 510)

New Year's Resolution Run 8K -- 2015-12-31
Kellie Redmond 32:21 (Age group rank: *1st of 37*, Overall rank: 20th of 372)

Ringing in Hope 5K -- 2015-12-31
Laura Ramos 19:28 (Gender rank: 4th of 356, Overall rank: 19th of 623)

Hawk Indoor Marathon -- 2015-12-20
Miles Aitken 3:50:06 (Overall rank: 2nd of 26)

Potomac Valley Track Club Christmas Caper 10K -- 2015-12-19
Ning Rui 35:11 (Age group rank: 2nd of 16, Gender rank: 2nd of 53, Overall rank: 3rd of 121)

See all results from the MCRRC racing team at raceteam.mcrrc.org

---

Weekly Workouts

There are runs available for everyone - from walkers to ultrarunners...

A calendar for all runs is available [here](#).

Monday PM at Kentlands
Tuesday/Thursday Easy Runs
Tuesday/Friday Back of the Pack
Tuesday/Saturday Run/Walk (FRWW)
Wednesday Track Workout
Thursday Morning Fallsgrove Run
Thursday PM Carderock C&O Canal and Trail Run (April through September)
Saturday Trail Run - Rock Creek
Sunday Trail Run - Greenway
Sunday Long Run - Ken Gar Palisades Park

For exact details on times and locations, please consult each run's page on mcrrc.org since details are subject to regular changes (often based on weather or time of year). Yahoo groups for each run are particularly helpful in keeping track of when, where, etc.

Oyez! (misc. notes)

News We Can Use?
Please let us know about club news that you'd like to share with the membership -- whether you are a program director, race director, club officer, or just a member with something newsworthy. Email us at ins_and_outs@mcrrc.org

News roundup:
When they ask you how can you stand running without music, tell them you hear the music inside your body. The Music of Running from *UltraRunning Magazine.*

If you find yourself bored at work, or needing more Fitbit or Garmin steps, check out A workout at work from *The Washington Post.*

Social media:
Make sure to follow Pike's Peek 10K on Facebook!

The Ins and Outs newsletter is sent to members of the Montgomery County Road Runners Club (MCRRC) every other Friday.
If you have a question or comment about the newsletter or you wish to contribute, please send it to ins_and_outs@mcrrc.org.

Eric London, Editor

Get social with us!