Ins and Outs - Friday May 11

Here's a great way to encourage a love of fitness and running in young people: Come out and help with the City of Rockville Kids Track program on Wednesday evenings at 5:45 PM. "The kids are so inspiring and there are lots of them, so we need lots of help," explains MCRRC President Karen Kincer.

MCRRC members conduct the meets for the kids, including setting up the track, making announcements, starting the races, tracking order of finish and times and compiling race results. There are four regular season meets during May and conference finals the first week of June.

The City of Rockville supports MCRRC in a number of ways – for instance the lights at Wootton High School track during the winter – so this is a great way for the club to return the favor.

If you are able to come out and volunteer please contact Leonard Lee at runninglen@hotmail.com.

Send your notices, questions and comments to be included in this bi-weekly email. Send items to ins_and_outs@mcrrc.org.

Laura Evans, Editor

OFF TO THE RACES

Run Aware 5K (XC) – a great way to begin Mother's Day

Head over to beautiful Cabin John Park on Mother's Day, May 13, for the 2012 Run Aware 5K, part of our exciting Cross Country Series.
Start times: 8 AM for the 5K, 8:05 AM for the Junior Participation race.

For more details and directions, visit:
http://mcrrc.org/racing/2012/race_descriptions.php#run_aware

Kids on the Run

Saturday, May 12th at Bohrer Park in Gaithersburg
A fun family event that involves even very young members of the running community!
The day's events include:

- 8:30 AM – 100 meter Toddler Trot
- 8:30 AM – 0.5 Mile Run
- 8:30 AM – 1 mile run
- 8:30 AM – 2K (1.2 mile) run*

*This is the final leg of the Kids' Marathon event.

For more on the event, visit: http://www.mcrrc.org/races/KidsOnTheRun/.

Get the full schedule of MCRRC races for the year here:
http://www.mcrrc.org/racing/2012/schedule.php.

VOLUNTEER OPS

Help out with the Run Aware 5K XC

The race needs assistance with (among other jobs) the start/finish line, registration (especially experienced registration volunteers who are not running), course marshals, water stop, refreshments, and equipment return. We welcome under-18 volunteers for refreshment and water stop jobs, including students seeking SSL credit.
Please sign up with the registration form at http://mcrrc.org/volunteer.php.

Pitch in for the Germantown 5 Miler

The 9th Germantown 5 Miler, Saturday, May 19, needs volunteers for packet pickup on Friday afternoon, May 18th, plus many volunteers on Saturday from 6:00 AM till about noon. Volunteers are needed also for setup, packet pick up, food, course marshals, parking, and tear down and unloading back at the shed. We also need a photographer as there were no pictures of last years race. Finally if someone would like to do a quick write up of the race let me know.

Sign up on the volunteer form at http://www.mcrrc.org/volunteer.php or send a message to race@germantown5miler.com.

Bonus: Like us on Facebook at https://www.facebook.com/Germantown5Miler and take a look at old pictures and write ups of the race.

TRAINING PROGRAMS

Attention Experienced Runners

Two challenging distance-training programs are now open for registration:

The Experienced Marathon Program - designed to train seasoned runners to a strong and fast fall marathon - begins with orientation on June 9. Read up on the particulars here:
http://www.mcrrc.org/programs/expmar/expmarathon.php

The Experienced Half Marathon Program – a new training program for faster runners who want to sharpen their skills – begins with orientation May 15. Get more details here:
http://www.mcrrc.org/programs/exp-half-marathon.php

Summer Half Marathon Program

The summer half marathon program is designed to build and improve runners to successfully run 13.1 miles. The program can be personally adapted to challenge runners of all calibers to complete the Parks Half Marathon on Sept. 9 and other fall races as well. The coaching staff guarantees individual

attention to ensure all participants are pushed to the goals they aspire to achieve. Our program begins on Sunday May 20th and will meet Sunday mornings and Wednesday evenings. There will be an additional 2 – 3 runs per week and/or crosstraining. We will vary our running locales throughout the county.

Register here: https://www.signmeup.com/site/reg/register.aspx?fid=8D2VKJ7

First Time Marathon Program
Embrace the challenge! Sign up to do your first 26.2-mile race. Entry requirement: You must be able to run at least 6 miles. Find out more details, including what the new coaches have planned, here: http://www.mcrrc.org/programs/ftm/ftmmartngman.php.

OTHER HAPPENINGS

Inaugural Derek Sheely LEAD THE WAY 4 Miler
Saturday, June 2, 2012, 8:00 AM

Northwest High School, 13501 Richter Farm Road Germantown, MD

Registration: $25 until May 5, $35 until May 29, $40 on Race Day

Held in honor of Derek Sheely, this race is to increase awareness and raise money for critical concussion and brain injury research. The inaugural 4-mile out-and-back run and 1-mile walk is at Northwest High School and the neighborhood where Derek grew up. There's a unique stadium start and finish, medals for all finishers, music, and door prizes.

Register at Active.com or through the Derek Sheely Foundation website: http://www.thedereksheelyfoundation.org/

MEMBER MOMENTS

Keep your running buddies up to date on your latest personal milestones – send a note about these occurrences to our new print publication, *Intervals.*

Intervals includes a "Member Moments" feature where members can share personal triumphs such as PRs, first marathon or new grandchild

Send items for the column to Susan Debad, office@mcrrc.org.