Ins and Outs - Friday Feb. 17

Photos from last week's Country Road Run are on the web and available for free viewing and download here: http://www.mcrrcphotos.com/. Also available: Thousands of great pictures from other 2012 races – and all the MCRRC events from past years.

Don't forget to take advantage of this valuable club benefit to access past images of yourself and your friends in action!

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

RRCA 10 Mile Challenge

This race is coming up next week – Sunday, Feb. 26 at 8AM at Howard Community College in Columbia.

It's a chance for MCRRC to compete with other area running clubs, and it's a lot of fun! At last check, MCRRC (at 67 participants) was running 3rd behind Howard County Striders (101) and Baltimore RRCA (68). Register today: http://www.striders.net/races/rrca/2012

If you have questions, email Cara Marie Manlandro at caramarie.manlandro@gmail.com

March Dashes In

Don't forget these events coming up next month:
  • **The Seneca Creek Trail Marathon and 50K**, Saturday, March 3, runs the Greenway Trail from Damascus to Riley's Lock on the C&O Canal,
  • **Piece of Cake 10K** on Sunday, March 25 in Seneca Creek State Park. Run, eat cake and stick around for this year's MCRRC Awards.

Get more details about both here:
http://www.mcrrc.org/racing/2012/race_descriptions.php#trail_marathon

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

VOLUNTEER OPS

Pike's Peek: MCRRC's biggest spring race (Sunday, April 29) is now gratefully accepting volunteers... and awarding them with awesome fleece pullovers this year! Find out more about that and sign up for yours: http://pikespeek10k.com/

The race will need approximately 350 volunteers before, during and after the 10K, so even if you're planning to race, consider signing up for a pre-race day job.

To volunteer for most other MCRRC races, visit this site and fill out the online form: http://www.mcrrc.org/volunteer.php

Note: The Pike's Peek volunteer site is now fully operational (thanks to Howie for pointing out an earlier technical difficulty).

Seneca Creek Trail Marathon and 50K

The Saturday, March 3 race needs volunteers to help with aid stations, the start and finish area, setting up the course, transporting equipment and supplies, the picnic at the end and sweeping the course. "We could use a few volunteers trained in first aid as well," says race director Ed Schultze. If you'd like to help out, contact Ed directly at: EdSchultze@comcast.net.

TRAINING PROGRAMS

Beginning Women Runners

Registration is open until April 16 for this popular program. If you are a woman who has always wanted to try running, or if you need a way to ease back into it after an injury, consider signing up!

BWR provides a structured, supportive environment, with workouts that will train you regardless of your skill level or speed.

The group trains on Tuesdays and Saturdays beginning with orientation on March 20 and culminating with the Run for Roses on June 16. Find out more and register at: http://www.mcrrc.org/programs/bwrfaq.php

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.