Ins and Outs - Friday March 3

If you've been waiting for just the right time to start your new running program, you're in luck! That time has arrived. In just a few weeks the Beginning Women's Running program will begin. Meanwhile, registration for the 8K program (which is coed) is now open.

Meanwhile, 200 hardy souls will run either a marathon or 50K on the Greenway Trail tomorrow (and many more even hardier souls will be out there as volunteers).

Finally, at the end of this month, all of MCRRC will assemble to run a fun 10K, eat cake and celebrate the club's top runners.

So lace up and let's go, already!

While you're at it, don't forget to 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

The Seneca Creek Trail Marathon and 50K

Both races take place on the Greenway Trail on Saturday, March 3.

These are both point-to-point events that begin in Damascus and finish at Riley's Lock. Runners will park at the finish area and be shuttled to the start line. Both races begin at 8AM, so you'll need to catch the shuttle at 6:45AM.

There are many more details available on the race site: http://senecacreektrailrace.com/Default.aspx

Piece of Cake 10K

MCRRC's annual birthday celebration on Sunday, March 25 has been expanded this year to include an Awards Brunch in addition to the 10K race, birthday cake celebration. Attendees will also elect a new slate of MCRRC leaders and board members, and vote on proposed changes to the club bylaws.

Plan to come early to run (or volunteer!) at one of these events:
- 8:45am = (YR) 0.25mi & 0.5mi Young Run
- 9:00am = (CS) 10km race
- 9:05am = (JP) 2.78km

Then stick around for all the festivities. It all takes place at Seneca Creek State Park in Gaithersburg. For more details, visit: http://www.mcrrc.org/racing/2012/race_descriptions.php#piece_of_cake
Incidentally, if you are planning to stay for brunch, RSVP here:
http://www.imathlete.com/events/EventParticipantsList.aspx?fEID=12542

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

VOLUNTEER OPS

The Piece of Cake 10K (Sunday, March 25) has many valuable roles for you to fill if you are not planning to run the race and can help out.

According to race director Mayra Fairbairn, here are the positions that still need to be filled:

*15 = *Course Marshal (7:45am to 10:30)*
*2 = *Cone layout on race morning (map provided) (arrive at 6:30am)*
5 = Parking (6:30am to 9am)
1 = Registration (7:30am to 9am)
2 = Refreshments (7:45am to 10:30)
3 = Water Station (at damn area) (7:30am to 10:10am)
3 = Young Run (7:30am to 9:30am)
1 = Medical Aide (experience preferred) (been very helpful in the past)
2 = Equipment P/U (pre-race >> Saturday 11am, March24 = Load supplies into van)
2 = Equipment Return (Unload supplies at clubhouse Sunday)
1 = Cyclist (optional) (Leads the runners) or just a REAL SPEEDY RUNNER :- D
~ ANYWHERE YOU NEED ME ~

*Critical position

Ready to assist? Sign up here: http://www.mcrrc.org/volunteer.php

Pike's Peek: MCRRC's biggest spring race (Sunday, April 29) is now accepting volunteers. Sign up now to help with the race and reserve your volunteer fleece pullover! Find out more here:
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.

TRAINING PROGRAMS

Beginning Women Runners

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! Orientation is Tuesday, March 20 at 6:30PM at Montgomery College.

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 and prepares runners for the Run for Roses on June 16. Find out more and register at: http://www.mcrrc.org/programs/bwrfaq.php.

8K Training Program

Registration is now open for the 8K Program, which trains runners who have already done a 5K or 10K and are looking to improve their speed. The program begins with orientation on April 25 and prepares runners for the Rockville Twilighter 8K on Saturday, July 21. Runs are on Wednesdays and Sundays.

For more details and to register online, visit: http://www.mcrrc.org/programs/EightK.php.

CLUB BUSINESS

Minutes of the January MCRRC Board of Directors Meeting are now available to read here: http://www.mcrrc.org/minutes/2012-01_bod_minutes.pdf

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.