Montgomery County Road Runners

Friday, December 18, 2015

Ins and Outs

Hi Runner:

Thankfully most MCRRC members haven't taken a [Shermanesque pledge](#) when it comes to volunteering - we have an active membership willing to help make our club the best. Because of four new vacancies on the Board of Directors, the Nominating Committee is calling on you or someone you know to consider a higher MCRRC office.

The work of the Board includes both governance and operations: attending the monthly board meeting, correspondence, voting, interaction with club members, and participation in club activities.

Please send the name, email address and/or phone number of the candidate, as well as any information you can provide on why this candidate would make a good nominee for the Board of Directors to: nominating@mcrrc.org

[MCRRC is transitioning to online membership renewal through ImATHLETE](#). This should help improve the process for everyone - thanks for your patience while we move to this new system. Stay tuned for details.

[Registration is live](#) for the March 5th [Seneca Greenway Trail Marathon and 50K](#).

One last reminder : please recognize outstanding volunteers, coaches, and runners by nominating worthy individuals at the MCRRC [awards page.](#)

Happy Holidays, and we hope to see you at [New Years Day 5K](#). Here's to another great year of running, friendship, and community. We will be back in your inbox on January 8th.

Best,
I&O
ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

New Years Day 5K
January 1, 2016 @ 10:00 am - 11:00 am
Manna Food Center, 9311 Gaither Road, Gaithersburg, MD 20877
The race will NOT be at Seneca Creek State Park this year. Registration will be indoors at Manna Food Center. If inclined, they can bring a few dollars to donate to Manna (they suggested a donation is better than food).
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.

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.

Gar William Half Marathon -- 2015-12-13

Laura Ramos 1:33:47 (Age group rank: *1st of 24*, Gender rank: 6th of 140, Overall rank: 50th of 322)

Jingle Bell Jog 8K -- 2015-12-13
Randy Smith 26:37 (Age group rank: *1st of 5*, Gender rank: 1st of 146, Overall rank: 1st of 303)
Chris Shaw 27:34 (Age group rank: *1st of 16*, Gender rank: 2nd of 146, Overall rank: 2nd of 303)
Kevin Yates 28:00 (Age group rank: 2nd of 16, Gender rank: 3rd of 146, Overall rank: 3rd of 303)
Ning Rui 28:15 (Age group rank: *1st of 15*, Gender rank: 5th of 146, Overall rank: 5th of 303)
Mark Neff 28:32 (Age group rank: *1st of 16*, Gender rank: 8th of 146, Overall rank: 8th of 303)
Jeff Duyn 29:40 (Age group rank: 1st of 23, Gender rank: 11th of 146, Overall rank: 11th of 303)
Paul Jacobson 30:07 (Age group rank: 2nd of 16, Gender rank: 13th of 146, Overall rank: 13th of 303)
Yukun Fung 31:06 (Age group rank: 3rd of 14, Gender rank: 19th of 146, Overall rank: 19th of 303)
Sarah Flynn 32:06 (Age group rank: 1st of 21, Gender rank: *1st of 154*, Overall rank: 27th of 303)

Jingle All the Way 5K -- 2015-12-06
Nicolas Crouzier 15:53 (Age group rank: 2nd of 310, Gender rank: 6th of 1570, Overall rank: 6th of 4469)
Randy Smith 16:16 (Age group rank: 5th of 226, Gender rank: 9th of 1570, Overall rank: 9th of 4469)
Chris Shaw 16:18 (Age group rank: *1st of 152*, Gender rank: 10th of 1570, Overall rank: 10th of 4469)
Exavier Watson 16:58 (Age group rank: *1st of 188*, Gender rank: 15th of 1570, Overall rank: 15th of 4469)
Shlomo Fishman 17:06 (Age group rank: 3rd of 94, Gender rank: 18th of 1570, Overall rank: 18th of 4469)
David Storper 17:53 (Age group rank: 2nd of 152, Gender rank: 38th of 1570, Overall rank: 39th of 4469)
Laura Ramos 19:01 (Age group rank: 2nd of 420, Gender rank: 11th of 2878, Overall rank: 79th of 4469)
Sarah Flynn 19:13 (Age group rank: 3rd of 420, Gender rank: 14th of 2878, Overall rank: 88th of 4469)
Julie Sapper 21:06 (Age group rank: 2nd of 326, Gender rank: 49th of 2878, Overall rank: 209th of 4469)

Seneca Slopes 9K -- 2015-12-06
Kevin Yates 38:40 (Age group rank: *1st of 10*, Gender rank: *1st of 94*, Overall rank: *1st of 154*)
Alex Booth 40:02 (Age group rank: *1st of 10*, Gender rank: 5th of 94, Overall rank: 5th of 154)
Jeff Duyn 40:12 (Age group rank: *1st of 16*, Gender rank: 5th of 94, Overall rank: 5th of 154)
Yukun Fung 45:59 (Age group rank: 2nd of 7, Gender rank: 23rd of 94, Overall rank: 23rd of 154)

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

Merry Christmas
If you were looking for a running tie-in to Christmas, here's one:
[Seven Important Things That Runners Can Learn By Watching "Elf"](#)
from [dumbrunner.com](#)

Social
[@MCRRC](#) Twitter post of the Week:
[@Heylifetraining](#) Dec 14
MCRRC rocks!

[@MCRRC](#) Instagram post of the Week:
[@LiveFreeandRun](#) Dec 13
#JingleBellJog with a great crew! We were out in spirit! Love @mcrrc races! I had #jinglebells on my shoes and truly did #jinglealltheway!

Get social with us!

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US