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Montgomery County Road Runners

Friday, March 4, 2016

Ins and Outs

Hi Runner:



What's more exciting than a new MCRRC race? Mark your calendar for Friday, June 24th to take part in the first annual Suds & Soles 5K, presented in partnership with the City of Rockville. The Race will feature a great 5K course through downtown Rockville, a terrific post-race party where you can sample some great beverages and a commemorative mug from this inaugural event. Complete details and registration information will be available soon! Can't wait? Then contact: sudsandsoles@mcrrc.org!

Seneca Greenway Creek Trail races are coming this Saturday March 5th. Most volunteer positions are filled, but if you are interested in packing the truck (Friday 3-5 pm) or unloading it on Saturday (late afternoon for a half hour) [let RD Mary Foster know!](#)

Volunteers needed for our [Annual Meeting & Awards Banquet](#) following the Piece of Cake race on March 20th from 10:00 am – 11:30 am. We need a handful of volunteers to help with setup and (very minor) cleanup at the banquet. Contact the office directly to volunteer, at office@mcrrc.org. (If you are attending, please [RSVP here](#) so that we can get a head count in advance).

Best,
I&O
ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

[Seneca Creek Trail Marathon and 50K](#)

March 5 @ 8:00 am - 6:00 pm

[Seneca Creek State Park](#), 11950 Clopper Road
Gaithersburg, MD [+ Google Map](#)

A low-key, low-priced, and fun filled event along the beautiful Seneca Creek Greenway Trail and parallel trails.

[Click here to volunteer.](#)

[Piece of Cake](#)

March 20 @ 7:45 am - 10:30 am

[Seneca Creek State Park](#), 11950 Clopper Road
Gaithersburg, MD 20878 United States + [Google Map](#)

Join us in celebrating MCRRC's birthday with a run through scenic Seneca Creek State Park. [Check website](#) for times.

[Click here to volunteer.](#)

[Spin in the Woods](#)

April 9 @ 9:00 am - 10:00 am

[Scott's Run Nature Preserve](#), 7400 Georgetown Pike
McLean, 22102 + [Google Map](#)

This cross country features dirt trails, forest, and obstacles to jump over and duck under. It's so much fun that you'll get to do it twice in this two-loop, 8km course.

[Click here to volunteer.](#)



Get Trained



[Beginning Women Runners](#)

Registration is now open for this low-key program, geared specifically for women. The program will train you to complete a 5k (3.1 mile) race – whether you've never run before in your life or you're easing back to running after an injury or childbirth. It provides a structured, supportive environment for you to gain fitness and also meet other women with similar goals. [Information and registration info can be found here](#) (FYI: orientation on March 29th)

Stride Clinic on Saturday March 5th

The Stride Clinic is held at ProAction Physical Therapy, 11820 Parklawn Drive, Suite 120, Rockville MD 20852. To signup, please [visit here](#) or go to [www.imathlete.com](#) and type "MCRRC Stride Clinic" in the search bar. If you have any questions, please [contact the office](#).

Race results

MCRRC Competitive Racing Team Results

courtesy of Nicolas Cruzier.

RRCA 10 Miler -- 2016-02-28

Chris Shaw 56:15.72 (Overall rank: 17th of 597)
Kunihiko Hayashi 57:19.60 (Overall rank: 26th of 597)
Shlomo Fishman 58:17.82 (Overall rank: 36th of 597)
Jatin Narang 59:52.93 (Overall rank: 51st of 597)
Mark Neff 1:00:34.48 (Overall rank: 58th of 597)
Exavier Watson 1:00:37.58 (Overall rank: 59th of 597)
Adrian Spencer 1:01:43.73 (Overall rank: 74th of 597)
Jeff Duyn 1:02:00.24 (Overall rank: 77th of 597)
Kyle Broadway 1:02:34 (Overall rank: 81st of 597)
Yukun Fung 1:04:44.76 (Overall rank: 105th of 597)
Lee Firestone 1:05:06.08 (Overall rank: 110th of 597)
Tracy Cermak 1:08:01.95 (Overall rank: 165th of 597)
Lisa Reichmann 1:09:04.80 (Overall rank: 184th of 597)
Cindy Conant 1:09:09.82 (Overall rank: 185th of 597)
Miriam Mintzer 1:10:37.69 (Overall rank: 199th of 597)
Emily Pierce 1:11:44.72 (Overall rank: 210th of 597)
Laura Ramos 1:13:04.98 (Overall rank: 228th of 597)

Country Road Run 5M -- 2016-02-21

Nicolas Crouzier 27:10 (Age group rank: *1st of 12*, Gender rank: *1st of 151*, Overall rank: *1st of 246*)
Randy Smith 27:50 (Age group rank: *1st of 8*, Gender rank: 2nd of 151, Overall rank: 2nd of 246)
Chris Shaw 28:09 (Age group rank: *1st of 10*, Gender rank: 3rd of 151, Overall rank: 3rd of 246)
Mark Neff 30:03 (Age group rank: *1st of 20*, Gender rank: 4th of 151, Overall rank: 4th of 246)
Adrian Spencer 30:18 (Age group rank: *1st of 12*, Gender rank: 6th of 151, Overall rank: 6th of 246)
Jeff Duyn 31:15 (Age group rank: *1st of 25*, Gender rank: 9th of 151, Overall rank: 10th of 246)
Kyle Broadway 31:37 (Age group rank: 4th of 8, Gender rank: 12th of 151, Overall rank: 13th of 246)
Lee Firestone 32:48 (Age group rank: 3rd of 20, Gender rank: 20th of 151, Overall rank: 21st of 246)
Yukun Fung 32:58 (Age group rank: 3rd of 16, Gender rank: 21st of 151, Overall rank: 22nd of 246)
Sarah Flynn 33:35 (Age group rank: *1st of 22*, Gender rank: 2nd of 94, Overall rank: 28th of 246)
Cindy Conant 33:59 (Age group rank: *1st of 11*, Gender rank: 3rd of 94, Overall rank: 37th of 246)
Lisa Reichmann 35:12 (Age group rank: 2nd of 9, Gender rank: 5th of 94, Overall rank: 43rd of 246)
Laura Ramos 35:56 (Age group rank: 2nd of 22, Gender rank: 6th of 94, Overall rank: 53rd of 246)

High Cloud Snapple Half Marathon -- 2016-02-28

Miles Aitken 1:21:06.60 (Overall rank: *1st of 69*)

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 and 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

The next deadline for submitting information for publication is by Thursday March 17 at 12 pm for publication on March 18.

News roundup:

The health news about running keeps getting better. [How exercise may lower cancer risk](#) from the [New York Times](#).

For those of us running the Seneca Creek Greenway race: [How to make friends with pain](#) from [Trail Runner](#).

Social media:

Make sure to follow [Seneca Creek Greenway 50K and Marathon](#), [Pike's Peek 10K](#), and [Rockville 10K/5K](#) 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!



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