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From: Montgomery County Road Runners Club

Subject: Ins and Outs - Friday, March 18, 2016



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Montgomery County Road Runners

Friday, March 18, 2016

Ins and Outs



Hi Runner:

Signs abound that spring is almost here. Croci pushing out of the ground. Cherry Blossoms popping. And the Piece of Cake race at Seneca Creek State Park.

Four important race-related items for this Sunday's race and after party:

1. The start time is 7:30 for the 10K and 8:00 for the 5K. Please arrive 60 minutes before the race to deal with the limited parking away from the start line.
2. There is a Youth Series event as part of the race with kids races of varying distances, 0.25M, 0.50M and 2.78K. The kids races take place before and after the Piece of Cake road race. If the parents are racing, hopefully the kids will come out to run as well. More information about the Youth Series can be found by clicking [here](#).

(Also, parents must log the events their kids complete in the Youth Series so they can earn prizes at the end of the year and be recognized at the awards banquet. Click here for the [Youth Series running log](#).)

3. Volunteers for the race are still needed. Please help

make the race a success by visiting the form [here](#).

4. If you are attending the Club Annual Meeting and Awards Brunch at the Golden Bull Restaurant post-race, please [RSVP here](#) so that we can get a head count in advance).

Dan Reichmann, MCRRC Team Coordinator, has an announcement for all Boston Marathon runners: please consider adding your name onto one of the four MCRRC teams