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Montgomery County Road Runners

Friday, May 27, 2016

Ins and Outs



Hi Runner:

Happy Memorial Day Weekend, a time we remember and honor those who made the ultimate sacrifice for our country. We also hope you have an enjoyable break with friends and family, and bring them along on Monday (run or volunteer) for our [Memorial 4 Mile race](#) at 8 a.m. at [Rock Creek Valley School](#) in Rockville.

We are extremely excited about the inaugural running of [Suds & Soles 5K](#), less than a month off. The race will be run at 7 p.m. on **Saturday, June 25** on a flat, fast course and is followed by a post-race party featuring music and tastings (for those 21 and older) of some great beer from 7 Locks Brewing in Rockville and Wareadaca Brewing Company in Gaithersburg. Runners will take home a commemorative beer mug from this inaugural event. [Registration](#) for the 5K is \$35 for adults through May 31. **After May 31, registration increases to \$40**, so act before Tuesday! More info is available [at the website](#) for runners and volunteers.

[Run for Roses 5K](#) ---for women only ---is scheduled for **Saturday June 18, 2016 at 8 a.m. at Wheaton Regional Park**. This race is part of the MD RRCA Women's Distance Festival series now in its 27th year. Men, sign up to volunteer and cheer for your favorite ladies and get a coveted volunteer T-shirt! See [the race website](#) to sign up or volunteer. **Prices increase on Sunday.**

Best,
I&O
ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

[Memorial 4 Mile](#)

May 30 @ 8:00 am - 10:00 am

Rock Creek Valley School, 5121 Russett Road
Rockville, MD 20853 + [Google Map](#)

[Run for Roses \(5K\)](#)

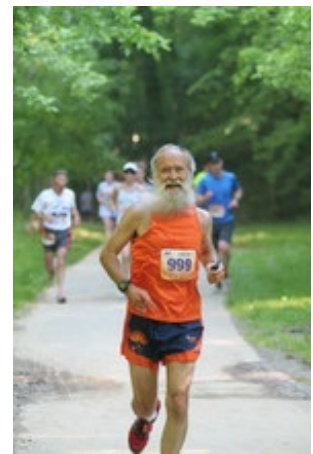
June 18 @ 8:00 am - 10:00 am

Wheaton Regional Park, 2000 Shorefield Rd
Wheaton, MD 20902 + [Google Map](#)

[Suds & Soles 5K](#)

June 25 @ 7:00 pm - 9:00 pm

Rockville Town Square, 30 Maryland Ave
Rockville, MD 20850 + [Google Map](#)



Get Trained

Information on summer training programs currently underway is [available at the MCRRC website](#).



Race results

MCRRC Competitive Racing Team Results

courtesy of Nicolas Cruzier.

Germantown 5 Miler -- 2016-05-21

Chris Shaw 26:30 (Age group rank: 1st of 12, Gender rank: 5th of 121, Overall rank: 5th of 221)

Nicolas Cruzier 26:33 (Age group rank: 3rd of 22, Gender rank: 7th of 121, Overall rank: 7th of 221)

Randy Smith 27:49 (Age group rank: 1st of 12, Gender rank: 12th of 121, Overall rank: 12th of 221)

Exavier Watson 29:29 (Age group rank: 2nd of 8, Gender rank: 19th of 121, Overall rank: 19th of 221)

David Storper 29:32 (Age group rank: 3rd of 12, Gender rank: 20th of 121, Overall rank: 20th of 221)

David Haaga 29:51 (Age group rank: 1st of 15, Gender rank: 24th of 121, Overall rank: 24th of 221)

Kyle Broadway 31:15 (Age group rank: 6th of 12, Gender rank: 29th of 121, Overall rank: 29th of 221)

Tracy Cermak 32:52 (Age group rank: 1st of 16, Gender rank: 1st of 100, Overall rank: 38th of 221)

Laura Ramos 33:30 (Age group rank: 1st of 16, Gender rank: 2nd of 100, Overall rank: 42nd of 221)

Emily Pierce 35:11 (Age group rank: 1st of 14, Gender rank: 4th of 100, Overall rank: 53rd of 221)

Elizabeth Thomas 35:47 (Age group rank: 2nd of 14, Gender rank: 6th of 100, Overall rank: 56th of 221)

Kentucky Ale Horse Capital Marathon -- 2016-05-21

Yukun Fung 3:05:01 (Age group rank: 1st of 19, Gender rank: 7th of 189, Overall rank: 7th of 305)

St. Michaels Half Marathon -- 2016-05-21

Mark Neff 1:20:19 (Age group rank: 1st of 61, Gender rank: 5th of 492, Overall rank: 5th of 1547)

Poplar Spring Run for the Animals 5K -- 2016-05-16

Shlomo Fishman 17:00 (Age group rank: 2nd of 28, Gender rank: 2nd of 151, Overall rank: 2nd of 399)

David Storper 18:18 (Age group rank: 1st of 30, Gender rank: 5th of 151, Overall rank: 6th of 399)

Marine Corps Historic Half -- 2016-05-15

Miles Aitken 1:15:21 (Age group rank: 2nd of 339, Gender rank: 5th of 2711, Overall rank: 5th of 5716)

Run Aware 5K -- 2016-05-15

Nicolas Crouzier 18:35 (Age group rank: 1st of 7, Gender rank: 1st of 233, Overall rank: 1st of 361)

Chris Shaw 18:47 (Age group rank: 1st of 24, Gender rank: 3rd of 233, Overall rank: 3rd of 361)

Woodacres Jogfest 5K -- 2016-05-14

David Storper 19:12 (Age group rank: 1st of 61, Gender rank: 2nd of 114, Overall rank: 2nd of 245)

[See all results from the MCRRC racing team at \[raceteam.mcrrc.org\]\(http://raceteam.mcrrc.org\)](http://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)

Club News

Congratulations to John Kehne who placed second in his age group (male 60-64) at the Frederick Half Marathon with a time of 1:45:41 (8:05 pace).

MCRRC race results:

[Germantown 5 Miler](#)

[Run Aware XC 5K](#)

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

Running News Roundup:

[Should you drink water or pour it on your head to cool off?](#)

Social:

Make sure to follow [Suds & Soles 5K](#) and [Rockville 10K/5K](#) on Facebook!

[Follow MCRRC on Instagram](#). Catch the best of the best of running photography in the MD/DC/VA area! (We love our mcrrcphotos.com photographers!)

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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