



Montgomery County Road Runners

Friday, September 2, 2016

Ins and Outs



Hi Runner:

We hope you are enjoying the change in running weather and are about ready for the fall racing season to begin.

Only **eight** days until [Parks](#), the premier half marathon of the DMV. Run. [Signup](#) to run while you can (online signup ends in five days or when bibs are gone). But if you don't, please sign up to help -- and make our signature event a big success: <http://www.parkshalfmarathon.com/volunteer>

Running the Marine Corps Marathon? [Click](#) to signup for the MCRRC [hospitality suite at the Key Bridge Marriott](#) and new optional bus transportation. Any questions? Please contact Ashley in the MCRRC office at office@mcrrc.org or Wendy Young, suite coordinator, wendy13fh@gmail.com.

Finally, a reminder to please join the MCRRC board and staff for a volunteer appreciation fall festival on **Sunday, October 2nd from 12-5 pm** at High Point Farm, 23730 N. Frederick Rd, Clarksburg. Bring the whole family for a fun afternoon featuring a BBQ, hayride, moonbounce and more. This event is free for our valued volunteers, [but please RSVP online here](#) so we can ensure enough food and drink to go around!

Best,
I&O
ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

[Parks Half Marathon](#)

September 11 @ 7:00 am - 10:00 am

[Intersection of S. Stonestreet/Highland Ave., Rockville, MD 20850](#)

[Click here to volunteer](#)

[Lake Needwood Cross Country \(10K\)](#)

September 17 @ 8:30 am - 10:30 am

[15680 Needwood Lake Circle, Derwood, MD 20855](#)

[Click here to volunteer](#)



Get Trained



[Stride Clinic](#)

Upcoming clinics will take place on **September 10, October 1, November 5, and December 3**. [Learn more about improving your stride and your running performance here.](#)

[CPR/AED/First Aid](#)

Upcoming clinics will be held on **August 7th** and based upon interest, **September 17, October 1, November 5, and December 3**. Everyone must register on imATHLETE (see link below) and will receive a confirmation email with further instructions the Friday before the class. Signup here: <http://www.imathlete.com/events/EventOverview.aspx?fID=26702&fQuery=&z=1454004984357>

If you have trouble with the link, try visiting www.imathlete.com & typing "MCRRC 2016 CPR" in the search box. Should you have any questions, please contact racessupport@mccrc.org

Race results

MCRRC Competitive Racing Team Results

courtesy of Nicolas Crouzier.

Eye Run for POB 5K -- 2016-08-28

Julie Sapper 20:17 (Age group rank: 1st of 3, Gender rank: **1st of 63**, Overall rank: 6th of 131)

MD HEAT Trail Race 5K -- 2016-08-27

Michelle Miller 2:19:58 (Age group rank: 1st of 23, Gender rank: 1st of 64, Overall rank: 2nd of 150)

Eastern County 8K -- 2016-08-20

Mark Neff 29:03 (Age group rank: 1st of 15, Gender rank: 2nd of 90, Overall rank: **2nd of 139**)

Adrian Spencer 29:53 (Age group rank: 1st of 7, Gender rank: 3rd of 90, Overall rank: **3rd of 139**)

Jeff Duyn 32:21 (Age group rank: 2nd of 6, Gender rank: 13th)

of 90, Overall rank: 13th of 139)
Yukun Fung 32:39 (Age group rank: 5th of 10, Gender rank:
16th of 90, Overall rank: 16th of 139)
Cindy Conant 32:46 (Age group rank: 1st of 6, Gender rank:
1st of 48, Overall rank: 18th of 139)
Kevin Yates 36:08 (Age group rank: 5th of 13, Gender rank:
32nd of 90, Overall rank: 34th of 139)

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

Weekly Workouts

There are training and social runs available for everyone - from walkers to ultrarunners...

A calendar for all runs is available [here](#).

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

MCRRC race results:

[Eastern County 8K](#)

A Note of thanks from Eastern County 8K RD Thomas Young

Thank you race volunteers for your work at the 2016 Eastern County 8K and Fun Run. Your efforts make this race possible.

*Billye Joyce Roberts - George Tarrico - Norman Knutsen - Bill Lee
Todd Fishman - Yukun Fung - Margro Purple - Danny Covino
Katherine Young - Sandy Young - Joe Young - Sam Young
Peter Young - Luke Young - Eric Johnston - Monica Bachmann
Manny Teitelbaum - Brenda Rosas - Steven Rosas - Adriana Rosas
Mark Rosas*

In addition, thank you to the timers, photographers, MLK park staff and MCRRC support staff. It was good to have the old course back!

Stroller Squad

Whether you're the parent of a little one, a caregiver or a grandparent watching the kids for mom & dad, we understand the struggle of keeping the kids entertained while getting in your own workouts!

In order to help, MCRRC has created a new Facebook group called the [Stroller Squad](#):

<https://www.facebook.com/groups/MCRRCstrollersquad>

This group is open to ANYONE looking for people to connect with while walking/running with strollers in tow!

RRCA "Roadies" Wanted

The Road Runners Club of America (RRCA) is looking for some enthusiastic runners to be "Roadies" and be an ambassador for the RRCA. In case you never heard of the RRCA, it is the the national "parent" body of most running clubs and events in the country. If you are a member of MCRRC, you are a member of RRCA.

Being a Roadie is not hard. It means wearing Roadie clothing at running events and posting on social media. [Click here for more information.](#)

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@mcrcc.org

Running News Roundup:

Learn about the changes to the course and starting time for the Marine Corps Marathon [from the Washington Post.](#)

According to [Run Washington](#), "The Montgomery County Parks Department has opened a new trail — the Ten Mile Creek Trail — in Black Hill Regional Park. The natural surface trail stretches 6.1 miles between Clarksburg Road and Ten Mile Creek." Road. [Run Washington Running Shorts for August 29th](#)

Social:

Follow the [Park's Half Marathon Facebook page.](#)

Also: make sure to follow [Rockville 10K/5K](#) on Facebook!

[Follow MCRRC on Instagram.](#) Catch the best of the best of running photography in the MD/DC/VA area curated from [mcrccphotos.com!](#) (Photo credits for this week's email: Dan and Alex Reichmann, Sandra Engstrom)

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@mcrcc.org.

Eric London, Editor

Get social with us!



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