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Montgomery County Road Runners

Friday, September 30, 2016

Ins and Outs

Hi Runner:



This Sunday October 2nd: please join the MCRRC board and staff for a volunteer appreciation fall festival **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 asap (right NOW!)** so we can ensure enough food and drink to go around!

Given the regular changes in track availability for workouts because of factors outside our control, you may ask yourself: [Where can we run track?](#) Ashley has provided the [answer](#).

The MCRRC, in partnership with the City of Gaithersburg, proudly presents our annual 5K run/walk [Run Under the Lights](#) through the City of Gaithersburg's "Winter Lights Festival" in Seneca Creek State Park on November 19, 2016. This special event provides a very rare opportunity for you to witness, up close and personal, more than 380 illuminated vignettes and 65 animated displays of the Lights Festival outside of your vehicle. The event will be timed for those who wish to race, however walkers are also welcome to participate. [Registration opens](#) this Saturday October 1 - the event sells out quickly, so move fast.

A note from President Don Shulman:

I wanted to inform you about some upcoming logistics changes within the Club. Presently we have 2 physical locations at our Clubhouse. One side we store all of our equipment and have a small office and the other side is a conference room and administrative offices. Last week the Board unanimously voted to release the lease on our administration side. Years ago when we obtained that site it was the absolute correct thing to do for the Club at that time. With the advent of home office technology combined with the cost involved in maintaining that space, the decreasing value proposition for the Club became quite apparent. The monies that we will save from that area will be used in various ways. A few of these

include a new vehicle for race support, more social gatherings for members, increasing our ability to secure local track space for our programs, an investment in membership development and strategy to increase the level of philanthropy and financial support for local business partners, to name a few. Many of you have heard me say that we live in one of the wealthiest counties in the country. We need to tap into that at a greater level and enhance our revenue stream beyond that of membership dues.

We will modify the back office on the shed side to create a more comfortable work environment for Halsey, our race support specialist, as well as improve the restroom facilities. There are services that we are looking to relocate such as CPR Training, Board meetings and some program meetings that were held there. All of these are being worked on presently. I do not anticipate any changes in service levels to our members or the availability of our staff. I am happy to answer any questions you may have.

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.

Congratulations to Lisa Reichmann for her upcoming induction into the [Greater Washington Jewish Sports Hall of Fame as a duathlete!](#)

Finally, we have a pretty heavy rotation of races coming up, which means a lot of volunteer opportunities for everyone. Thanks for helping!

Best,
I&O
ins_and_outs@mcrrc.org

Upcoming Races and Volunteer Ops

[Matthew Henson Trail 5K](#)

October 8 @ 9:00 am - 10:00 am

[Click here to volunteer.](#)

[Black Hill 10K](#)

October 15 @ 9:00 am - 10:30 am

[Click here to volunteer.](#)

[Cross Country on the Farm \(XC\)](#)

October 23 @ 8:30 am - 9:30 am

[Click here to volunteer.](#)

[Additional future MCRRC race events can be found here.](#)





Get Trained

[Stride Clinic](#)

Upcoming clinics will take place on **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 **October 2, 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 acesupport@mcrrc.org

Race results

MCRRC Competitive Racing Team Results

courtesy of Nicolas Crouzier.

Berlin Marathon -- 2016-09-25

Kunihiko Hayashi 2:36:40 (Age group rank: 30th of 4513, Gender rank: 186th of 26807, Overall rank: 193rd of 36054)

National Capital 20 Miler -- 2016-09-25

Shlomo Fishman 1:59:50 (Age group rank: 2nd of 7, Gender rank: 2nd of 84, Overall rank: **2nd of 193**)

Akron Half Marathon -- 2016-09-24

Mark Neff 1:20:20 (Age group rank: 1st of 152, Gender rank: 22nd of 1521, Overall rank: 24th of 3472)

Navy-Air Force Half Marathon -- 2016-09-18

Shlomo Fishman 1:17:22 (Age group rank: 5th of 148, Gender rank: 15th of 2369, Overall rank: 16th of 5219)

Julie Sapper 1:36:36 (Age group rank: 3rd of 315, Gender rank: 46th of 2849, Overall rank: 192nd of 5219)

Laura Ramos 1:38:51 (Age group rank: 7th of 405, Gender rank: 65th of 2849, Overall rank: 250th of 5219)

Kunihiko Hayashi 10:21:44 (Age group rank: 1st of 311, Gender rank: 25th of 2369, Overall rank: 31st of 5219)

Clarendon Day 5K -- 2016-09-17

Emily Pierce 20:11 (Age group rank: 2nd of 120, Gender rank: 14th of 630, Overall rank: 66th of 1108)

Needwood 9.2K -- 2016-09-17

Nicolas Crouzier 33:07 (Age group rank: 1st of 5, Gender rank: 1st of 57, Overall rank: **1st of 87**)

Adrian Spencer 34:58 (Age group rank: 2nd of 5, Gender rank: 2nd of 57, Overall rank: **2nd of 87**)
Jeff Duyn 36:34 (Age group rank: 1st of 6, Gender rank: 3rd of 57, Overall rank: **3rd of 87**)
Yukun Fung 40:37 (Age group rank: 2nd of 6, Gender rank: 11th of 57, Overall rank: 11th of 87)

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

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:

[Lake Needwood XC \(9.2K\)](#)

Running News Roundup:

Getting ready for Black Hill 10K and Stone Mill 50? Here's a fall 2016 [trail running shoe buyer's guide](#).

Social:

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 mcrrcphotos.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@mcrrc.org.

Eric London, Editor

Get social with us!



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