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Montgomery County Road Runners Club

Ins & Outs - Friday, March 8, 2024

"We Are Running in Montgomery County"



Dear Members -

Happy Seneca Greenway weekend!

Best of luck to all who are taking on this challenge and thank you to all who are responsible for making it happen - Race Director Karen Craney and all the volunteers who will be on hand to help you have a successful day. Remember to thank the volunteers!

Please save the date for next Wednesday, March 13th for our Annual Meeting at 7pm. The meeting, which elects the 2024-25 MCRRC Board of Directors, will take place virtually. See below for the Zoom Meeting Invitation. On Monday, bios for the 2024-25 Board Slate will be shared with the membership as well as a reminder of the Zoom information below. Voting will take place online and will be opened during the Annual Meeting. It will remain open through Sunday, March 17th or until a quorum is reached. Results of the Board Elections will be announced on Monday, March 18th.

Please also save the date for the MCRRC Awards Banquet scheduled for Sunday, May 19th at 5:00pm. We are in the very, very early stages of preparation due to the late date for this year's event. Registration (free) will still be required due to space limitations and once that is ready to go, we will share the link with you.

Finally, registration is open for the 2024 Run for Roses, MCRRC's special ladies-only race. Please see below for some exciting additions to this year's event.

Have a great weekend, MCRRC!

A handwritten signature in black ink that reads "Ashley Zuraf".

Ashley Zuraf
Executive Director

UPCOMING RACES & RACE NEWS

March 9th - Seneca Creek Greenway Trail Marathon & 50K

March 24th - Piece of Cake - Registration is open for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event! ***The 2024 race has a new location***

March 30th - Spin in the Woods - Registration is open for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

April 21st - Pike's Peak 10K - Registration is OPEN! Check out the [race website](#) for more information & to register. Volunteers are needed for this event!

May 4th - Kids on the Run - Registration is OPEN! Check out the [race website](#) for more information & to register. Volunteers are needed for this event!

May 11th - Capital for a Day - Registration is open for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

May 19th - Run Aware - Registration is open for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

May 27th - Memorial 4 Miler - Registration is open for non-members! Check out the [race webpage](#) for more information. Volunteers are needed for this event!

SAVE THE DATE: MCRRRC ANNUAL (VIRTUAL) MEETING

Please join us on Wednesday, March 13th at 7:00 PM on Zoom for our Annual Business Meeting, which will kick off elections of the 2024-25 Board of Directors. The invitation for the Zoom Webinar is shared below. There is no registration process necessary to attend the Annual Meeting.

The vote on the 2024-25 Board Slate will take place using Survey Monkey, as it has in past years. The link to cast your vote will open and be shared during the meeting. Voting will remain open through Sunday, March 17th and the results will be announced on Monday, March 18th.



The Zoom information appears below and will be re-shared prior to the meeting.

Webinar ID: 875 5378 4007

Passcode: 417449

Please click the link below to join the webinar:

https://us06web.zoom.us/j/87553784007?pwd=jVB_v5cwZRekSbqV7eMVDvd-XKLd5w.aezNjQA6M8zKKy_9

Passcode: 417449

Or One tap mobile :

+13017158592,,87553784007#,*,*417449# US (Washington DC)

+16469313860,,87553784007#,*,*417449# US

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

+1 301 715 8592 US (Washington DC)

ATTENTION LADIES! REGISTRATION IS OPEN FOR RUN FOR ROSES

Join us on June 22nd on the paved trails of Wheaton Regional Park for this year's Run for Roses!



This long-standing race, which began in 1979 as part of the grassroots movement to include women's distance running and the marathon in the Olympics, is part of the Maryland RRCA Women's Distance Festival. All finishers receive a long-stemmed rose.

The 2024 edition of our women's-only race features a new course and finish line festival with fun raffles and prizes. Awards will be offered to our top finishers thanks to Lily Trotters and Pro Action Physical Therapy.

This year we have also partnered with [I Support the Girls](#) and will be collecting new and gently used bras for women in need in our community and those who donate will receive a discount coupon for a new bra at RnJ Sports!

For three days only, register for this year's race for only \$25! This special price is only good through Sunday, March 10th, so register today!

[REGISTER HERE](#)

STAY INFORMED!

Be sure to "like us" on [Facebook](#) & follow us on [Twitter](#) and [Instagram](#) to keep up on all the latest club news!

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