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## Montgomery County Road Runners Club

**Ins & Outs - Friday, April 19, 2024**

*"We Are Running in Montgomery County"*



Dear Members -

Happy Pike's Peek weekend! Best of luck to everyone running this Sunday and thank you to the hundreds of volunteers who answered our calls to make this race successful for nearly 2,000 participants heading down Rockville Pike. We couldn't do it without you!

**REGISTRATION IS OPEN for the MCRRC Annual Awards Banquet** on Sunday, May 19th at 5:30pm at Amp by Strathmore. Join us to celebrate the achievements of your fellow club members as we present awards for the 2023 Runner of the Year, Volunteer of the Year, and many others! Giveaways will be provided at the door and all attendees have a chance to win one of several raffle prizes. Doors open at 4:45 and a complimentary buffet dinner will be served. Beer, wine, and an Orange Crush cocktail will be available for purchase. Attendance is free, but pre-registration is required due to space limitations at AMP. There is no dress code, but with the shift to a dinner event, please consider leaving your running clothes at home.

Once registration is full, a waitlist will be available. [REGISTER HERE](#). Don't miss this wonderful evening celebrating our members.

Have a great weekend, MCRRC!

Ashley Zuraf  
Executive Director

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### UPCOMING RACES & RACE NEWS

**April 21st - Pike's Peek 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! *This event is part of our low-key series and is free for MCRRC Members.*

**May 19th - Run Aware - Registration is open for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed for this event! *This event is part of our low-key series and is free for MCRRC Members.*

**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! *This event is part of our low-key series and is free for MCRRC Members.*

**June 1st - Little Bennett 10K - Registration is open for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed for this event! *This event is part of our low-key series and is free for MCRRC Members.*

**June 15th - Suds & Soles - Registration is OPEN!** Check out the [race website](#) for more information & to register. Volunteers are needed for this event!

**June 22 - Run for Roses \*\*\* LADIES ONLY - Registration is OPEN!** Check out the [race website](#) for more information & to register. Volunteers are needed for this event!

**June 30th - Country Road Run - Registration is open for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed for this event! *This event is part of our low-key series and is free for MCRRC Members.*

**July 12th - Midsummer Night's Mile - Registration is open for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed for this event! *This event is part of our low-key series and is free for MCRRC Members.*

**July 20th - Matthew Henson Trail 5K - Registration is open for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed for this event! *This event is part of our low-key series and is free for MCRRC Members.*

**July 28th - Riley's Rumble - Registration is open for non-members!** Check out the [race webpage](#) for more information. Volunteers are needed for this event! *This event is part of our low-key series and is free for MCRRC Members.*

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*MCRRC's low-key races are free for members. To participate, you must register for a low-key bib and chip, which will be used throughout the year. For more information on how the process works, as well as how to register for your 2024 low-key bib and chip, please check out [our website](#).*

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## GET READY FOR SUMMER WITH THE HALF MARATHON PROGRAM!

The summer heat may be here soon - but that isn't a reason to stop thinking about your next big

fall goal. Running a half marathon is an impressive accomplishment and lucky for you, MCRRC happens to offer the PERFECT training to help get you to the finish.

Register TODAY and get excited about the work that lies ahead. Our first training run is May 18, and this program targets several early fall races, including our very own [Parks Half Marathon](#) on Sept. 8.

Goals met are better together, so why not join our training program and see what all the hype is about! Plus, we can promise popsicles!



## **REGISTER TODAY!**

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### **SET YOUR SUMMER PR WITH XMP!**

So, you're running Pike's Peek this weekend? Are you wondering what comes next? Don't fret - come train with MCRRC's Experienced Marathon Program (XMP) which is designed to train runners with previous marathon experience who are looking to improve their training and racing outcomes.



We start informally in May before our official kick off in June – and tailor our training for any marathon beginning in September through November. All paces are welcomed, and coaches will work with pace groups to assist runners in reaching their goals no matter how big or small.

Many XMP participants go on to Boston Qualify at their marathons because of the training or set major PRs!

If you're looking for the right program to push you to your goals – come train with us this summer! You can expect a supportive, knowledgeable group to rely on as training questions come up or you need that extra motivation to believe in yourself.

XMP meets every Tuesday evening at the track and Saturday mornings at various parks in Montgomery County.

Don't just take our word for it – register today!

## **REGISTER TODAY!**

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### **CALLING ALL LADY RUNNERS!**

Now is the perfect time to grab the important women in your life and register everyone for our

annual women's only 5K, Run for Roses taking place this year on June 22 at Wheaton Regional Park.

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!



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**[REGISTER TODAY!](#)**

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## **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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