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Montgomery County Road Runners Club

Ins & Outs - Friday, May 17, 2024

"We Are Running in Montgomery County"



Dear Members -

I hope all the MCRRC moms had a wonderful Mother's Day doing whatever you hoped to do - be that relax & nap or go for a run, or a combination of both! I think this was the first time in 3 years I didn't spend Mother's Day on the court at a tournament (though I did that on Saturday). Not that I would have minded. As I saw on a meme the other day, I am "unapologetically in my sports mom era." I wouldn't have it any other way.

Thank you to both Dan Rubin and Keith Evans for another great Kids on the Run and Capital for a Day, respectively. Thanks to the large group of "Let Me Run" boys for choosing Capital for a Day for their race this season - we hope they enjoyed the day! Thank you to all the volunteers who made these events successful - we can't do it without you!

Next up for MCRRC is Run Aware this Sunday. We look forward to everyone coming out. With the rain we've had this week (will it ever stop?) and the prediction for Saturday, this could be a true trail run, complete with muddy puddles!

We are looking forward to seeing everyone who registered for the Awards Banquet on Sunday evening. Thanks to all who have informed me that they are no longer able to attend, as we moved quite a bit of folks off the waitlist as a result. As you have likely seen in the news (and that at least 30 of you have shared with me), this will be our last event at AMP as they will be closing their doors this summer. This also means that MCRRC will be on the hunt for a new venue, hopefully one that can accommodate a larger group (not an easy feat). Please note that due to my unavailability on Saturday, management of the waitlist will close at COB today and the attendee list will be final.

We look forward to seeing many of you on Sunday evening and hope you have a great weekend!

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

UPCOMING RACES & RACE NEWS

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.*

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](#).

ONE MONTH 'TIL SUDS!

As part of your official celebration of spring, warmer weather, and outdoor beer drinking, don't forget to register for the 2024 Suds & Soles 5K. We've already got some great breweries signed

up to join us in the after party this year. Third Hill Brewing, Clear Skies Meadery, Twin Valley Distillers, 7 Locks Brewing and World of Beer Rockville will be handing out refreshments at the after party and Denizens Brewing is back to provide that finish line beer.

Race day is Saturday, June 15th – it will be here before you know it. Don't miss out on summer's best race event.

Register now or consider volunteering:

WWW.MCRRCSUDSANDSOLES.ORG

SPEND MEMORIAL DAY WITH MCRRC!

Join us on Monday, May 27th and wear your red, white, and blue to remember those we lost, and get ready to run through Rock Creek Park. For more info on our Memorial Day 4-Miler, please visit the [race webpage](#).

We also have a 1-mile fun run that day for kids which this year is part of Kids Global Athletic Day (and also part of our youth series). The theme of this year's Kids Global Athletics Day is the World Mile Challenge. In honor of the 70th anniversary of Roger Bannister breaking the 4-minute mile, the Challenge will track just how many miles kids around the world can collectively run, jog, or walk in the month of May. For more information or to register for the kids' run, please [click here](#).

WHAT'S BETTER THAN A RUN?

A Run Followed by a Beer (or two)!

The nice weather is here to stay! Which means it's the perfect time to try one of MCRRC's weekly pub runs. We offer a variety of options throughout the county as social gatherings to meet runners maybe outside your normal run group and to have some cool refreshments post run. All are free to join as members and all paces are welcome.

Join us on Tuesdays at 6pm at Third Hill Brewing in Silver Spring, Thursdays at 6pm at Babycat Brewery in Kensington, and Fridays at 6pm at Saints Row in Gaithersburg. More information on all these runs can be found on [our website](#).

LAST CHANCE TO REGISTER FOR SUMMER HALF!

Let's not debate on what the best season of the year it is to run, we all know it is the summer! Train for a half marathon this year and accomplish that big goal on your list!

Our Summer Half Marathon training begins this weekend on May 18th! Join us if you're training for a 10-miler or half marathon. We promise pace coaches, twice weekly group workouts, popsicles to make the heat of summer go away, and much more!

Even better this program is designed to help you run your best Parks Half Marathon race yet!

REGISTER TODAY!

TRAIN WITH XMP - AND HIT YOUR FALL GOALS!

So, you've set your fall calendar with your next goal marathon – now what? Come train with MCRRRC'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!

Set your sights on that big goal you've been aspiring to:

JOIN XMP TODAY!

RACE TEAM HIGHLIGHTS

By: Nicolas Crouzier

Here are the team's highlights from May 1 - 15:

- **Frederick Half Marathon (May 5th):** Ian Morgan ran a new personal best in the half (1:13:25) and finished 2nd overall. Kristen Acton ran her first race since coming back from injury!
- **Capital for a Day 5K (May 11th):** Big team turnout at the club's low key race in Olney. The team grabbed 5 out of the 6 podium spots!
- **Farm Park Challenge 3 hours (May 5th):** David Storper and Rob Palmer took 1 and 2 in the 3h version of the park challenge.
- **Pittsburgh Marathon (May 5th):** Liz Ozeki ran a 3:02:07 on a humid day in Pittsburgh.
- **White Mountains Marathon (May 5th):** Rodney Rivera ran 3:25:39 in the New Hampshire mountainous marathon.

For a complete list of racing team results please visit <https://raceteam.mcrrc.org>

Nicolas Crouzier has been a member of MCRRRC's racing team since 2014. He created and maintains the team's website where their results, stats, and records can be found. In his free time, he likes to race, run for fun, and think about running.

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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