

Montgomery County Road Runners Club

Ins & Outs - Friday, May 31, 2024

"We Are Running in Montgomery County"



Dear Members -

Happy last day of May!

Thank you to the Race Directors of our last two club races - Bernard Kelly for Run Aware and RD duo Wendy Young and Brad Stewart for the Memorial Day 4 Mile. We appreciate all of their hard work and the support of all the volunteers who showed up to make it a great day for the participants. Special thank you to our Youth Series Coordinator Jimmy Schneidewind for his efforts in coordinating participation in the World Mile Challenge, part of Kid Athletics Day (May 7) celebrating the 70th anniversary of Roger Banister breaking the 4-minute mile barrier. The goal was to "collect" as many miles as possible from kid runner across the world. The participating kids received special medals and brought record numbers to the race. Congratulations to all!

What are you doing tomorrow? Hopefully many of you plan to start your weekend with the [Little Bennett 10K XC](#)! The race features a challenging loop, mainly that of hilly & rocky single-track trail, in Little Bennett Regional Park in Clarkburg. Volunteer spots appear to be full, so huge thank you to all who signed up to help.

Have a great weekend, MCRRC!

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

Ashley Zuraf
Executive Director

UPCOMING RACES & RACE NEWS

June 1st - [Little Bennett 10K](#) - **Registration is open for non-members!** Check out the [race webpage](#) for more information. *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](#).

SEE MCRRC AT THE KEMP MILL COMMUNITY DAYS!

Looking to do something on Sunday as you recovery from your training runs or races for the weekend? Come check out MCRRC at Kemp Mill Community Day! This fun annual event will be this Sunday, June 2 from noon til 4:00, at 1301 Lamberton Dr, Silver Spring MD.

Stop by the MCRRC tent and say hello, then check out other vendors, entertainment and food offerings. If you want to incorporate a workout while you're there, you can hop on the Sligo trail towards Wheaton Regional, or conquer the hills in the neighborhood. We're looking forward to seeing you there!



STAY INFORMED!

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