

Ins and Outs for Friday, May 13 2011

Five races in five weeks in May! MCRRC is busy, busy this month. Up next, Kids on the Run at Bohrer Park in Gaithersburg on Sunday. Late registration and Packet Pick Up will be held at Bohrer Park today from 3:00 PM to 5:30 PM, Saturday morning from 10:00 AM to 12:00 PM and on Sunday beginning at 7:15 AM. Be sure to bring the kids out for this great event!

If you have an item for Ins and Outs, or any questions or comments, please email ins_and_outs@mcrrc.org.

Karen Kincer, Editor

OFF TO THE RACES

Germantown 5 Miler

The 8th running of the Germantown 5 Miler will be held on Saturday, May 21 at the Seneca Meadows Corporate Center in Germantown. Cash prizes will be awarded to overall winners of this premier upcounty race. Online registration will close at 5:00 PM on Thursday, May 19. Packet Pick Up will be held on Friday, May 20 from 2:00 PM to 7:00 PM and again on race morning beginning at 6:45 AM. The 5 mile race will begin at 8:30 AM. <http://germantown5miler.com/>

Memorial 4 Mile

The Memorial 4 Mile, formerly Sue and Connie's Run, will be held on Monday, May 30 at 8:00 AM at Rock Creek Valley Elementary School on Russett Road in Rockville. There will be a 1 mile Junior Participation run at 8:05 AM. http://www.mcrrc.org/racing/2011/race_descriptions.php#memorial_4m

Run for the Roses

Registration for Run for the Roses, the 4th race in the RRCA Maryland Women's Distance Festival Grand Prix Series, is open. The race will be held Saturday, June 18 at Wheaton Regional Park. Registration fees are \$20 until May 29 when they increase to \$25. Options to purchase a technical shirt or Run for the Roses tote bag are also available online. <http://www.mcrrc.org/races/RunForRoses/> Gentlemen, don't forget to sign up to volunteer! <http://www.mcrrc.org/volunteer.php>

VOLUNTEERS

If you're looking for a fun volunteer job, consider helping out at the Rockville Kids' Track Program on Wednesday nights. John Sissala leads MCRRC's team of volunteers who provide timing and scoring for the event. Meets are held throughout the month of May with a championship meet in June and volunteers are needed from approximately 5:30 PM to 8:30 PM. Contact John Sissala if you can help with this great program! sissala@verizon.net

Did you know that it takes around 30 volunteers to put on the average low key club race? If you enjoy MCRRC's races and events please come out and volunteer! Most jobs are not difficult and it is really fun

to meet and work with other club members. You can sign up to volunteer for any of our races on the club website. <http://www.mcrrc.org/volunteer.php>

WEEKLY WORKOUTS

Thursday evening Carderock C&O Canal or Trail runs

The Thursday evening Carderock Runs have started for the summer. These runs begin at 6:30 PM during the summer months from the Carderock Recreational Area at the C&O Canal. They are out and back, so runners of all speeds are welcome. Most runners go about 4-8 miles. Several loops of 6-8 miles are possible. The C&O Canal is a soft, dirt surface, and if you decide to do the trails, they are not very technical – you can run either route with regular running shoes. It is best to bring a water bottle if you come - while there are water fountains, it can get hot out there in the summer.

Directions: Take the Beltway to the last Maryland exit ("Carderock/Great Falls"), go one mile northwest (up the river) and exit at Carderock, turn left after the Stop sign, and follow the twisty road into the park. At the T, turn right and then immediately left into the parking lot. Be aware that there can be heavy traffic on the Beltway at that hour. Another way of getting there is down Seven Locks Road to MacArthur Blvd -- turn right and go up to Clara Barton Parkway, turn left (back towards DC) and the Carderock entrance into the park is the first exit.

The run is coordinated by Bob Yarchoan; you can contact Bob through the MCRRC website.

<http://mcrrc.org/training/thursrun.php>

Other club runs covering every day of the week are listed on the website.

<http://www.mcrrc.org/training/wkout.php>

CLUB BUSINESS

Save the Date!

MCRRC's Annual Volunteer Picnic will be held on July 31 at Cabin John Park. Details will be coming soon!

Board of Director's Minutes

Minutes from the April Board of Director's Meeting are posted online.

http://www.mcrrc.org/minutes/2011-04_bod_minutes.pdf

RMS RACES

RMS Races are races for which MCRRC has been hired to provide timing or other logistical support. They are not sponsored by MCRRC and are not part of our club race series but are great races to come out and run and many benefit great local charities.

Upcoming races:

[Run for Animals](#)

Sun 5/15 8:30am

Wheaton, MD

[Scoot for Scooter](#)

Sun 5/15 10:00am
Sandy Spring, MD

[Mercy 5K Health Run](#)

Sat 5/21 8:30am
Rockville, MD

[Jeremy's Run 5K/10K](#)

Mon 5/30, 8:30am
Olney, MD