

## Ins and Outs - Friday March 16

MCRRC's annual birthday celebration next Sunday, March 25 has been expanded this year to include an Awards Brunch in addition to the 10K race and birthday cake celebration. Attendees will also elect a new slate of MCRRC leaders and board members, and vote on proposed changes to the club bylaws.

Plan to come early to run at one of these events:

- 8:45AM = (YR) 0.25mi & 0.5mi Young Run
- 9:00AM = (CS) 10km race
- 9:05AM = (JP) 2.78km

Then stick around for all the festivities.

**Important:** If you want to take part in the free, catered brunch, **we need your RSVP!** Please use the following link to tell us of your plans: <http://www.imathlete.com/events/EventParticipantsList.aspx?fEID=12542>

Incidentally, a big "thank you" to all who signed up to assist with the Piece of Cake 10K! All volunteer positions have been filled. If you'd still like to help in some way, why not bake and decorate a cake in honor of MCRRC's birthday?

It all takes place at Seneca Creek State Park in Gaithersburg. For more details, visit: [http://www.mcrrc.org/racing/2012/race\\_descriptions.php#piece\\_of\\_cake](http://www.mcrrc.org/racing/2012/race_descriptions.php#piece_of_cake)

Send your notices, questions and comments to be included in this bi-weekly email. Send items to [ins\\_and\\_outs@mcrrc.org](mailto:ins_and_outs@mcrrc.org).

Laura Evans, Editor

### OFF TO THE RACES

#### Kids on the Run kicks off

Registration is open for Kids on The Run on Saturday, May 12th at Bohrer Park in Gaithersburg.

We will be offering the Kids Marathon event again this year. So parents, encourage and help your kids, their friends, your neighbor's kids to run (25) individual miles between now and race morning. Then they can come out to complete the last 1.2 miles (2K) to receive a Kids Marathon Finisher award. Keep track of their miles in the running log found on the website:

[http://www.mcrrc.org/races/KidsOnTheRun/KOTR\\_AND\\_KIDS\\_MARATHON\\_LOG.pdf](http://www.mcrrc.org/races/KidsOnTheRun/KOTR_AND_KIDS_MARATHON_LOG.pdf) .

The day's events include:

- 8:30AM 0.5km & 1km (YR)
- 8:30AM 2km (JP)
- 8:30AM 100 meter toddler trot

For more on the event and to register, visit: <http://www.mcrrc.org/races/KidsOnTheRun/>

Get the full schedule of MCRRC races for the year here:

<http://www.mcrrc.org/racing/2012/schedule.php>.

## **VOLUNTEER OPS**

### **Spin in the Woods could use a hand**

Able and enthusiastic volunteers are needed for the Spin in the Woods cross country race at Great Falls, VA on Saturday, April 14 at 9AM. There are jobs including equipment loading, course layout and set up that you can do and still run. Also, please consider carpooling!

If you would like to help, send an email to Ted Hsu at [tch32@msn.com](mailto:tch32@msn.com) or fill out the MCRRC Volunteer Form at <http://www.mcrrc.org/volunteer.php>.

### **Pike's Peek needs you**

MCRRC's biggest spring race (Sunday, April 29) is now accepting volunteers. Sign up now to help with the race and reserve your volunteer fleece pullover! Find out more here: <http://pikespeek10k.com/>

The race will need approximately 350 volunteers before, during and after the 10K, so even if you're planning to race, consider signing up for a pre-race day job.

## **TRAINING PROGRAMS**

### **Beginning Women Runners – it starts next week!**

If you are a woman and you can walk-run (or even mostly walk) for 10 minutes, but you have marathon-size dreams, Beginning Women Runners is your launch pad. Orientation is Tuesday, March 20 at 6:30PM at Montgomery College.

BWR provides a structured, supportive environment, with workouts that will train you regardless of your skill level or speed.

The group trains on Tuesdays and Saturdays and prepares runners for the 5K (3.1 mile) Run for Roses on June 16. Find out more and register at: <http://www.mcrrc.org/programs/bwrfaq.php>.

### **8K Training Program**

Registration is open for the 8K Program, which trains runners who have already done a 5K or 10K and are looking to improve their speed. The program begins with orientation on April 25 and prepares runners for the Rockville Twilighter 8K on Saturday, July 21. Runs are on Wednesdays and Sundays.

For more details and to register online, visit: <http://www.mcrrc.org/programs/EightK.php>.

## **First Time Marathon Program Now Open**

Embrace the challenge! Sign up to do your first 26.2-mile race. Entry requirement: You must be able to run at least 6 miles. Find out more details, including what the new coaches have planned, here: <http://www.mcrrc.org/programs/ftm/ftmmartngman.php>.

## **MEMBER MOMENTS**

Keep your running buddies up to date on your latest personal milestones – send a note about these occurrences to our new print publication, *Intervals*.

*Intervals* includes a “Member Moments” feature where members can share personal triumphs such as Prs, first marathon or new grandchild

Send items for the column to Susan Debad, [office@mcrrc.org](mailto:office@mcrrc.org).