

Ins and Outs - Friday Nov. 25

As we near the end of 2011, it's time to recognize and reward the outstanding efforts of MCRRRC members – whether their achievements were running, volunteering or coaching.

In preparation for our annual Club Awards at next year's Piece of Cake 10K (details about that to come), please consider nominating your favorite coach, or perhaps a runner who has shown significant improvement this year. Nomination deadline is **Dec. 10, 2011**.

Details and online nomination forms are at: <http://www.mcrrc.org/awards/>

If you have questions on the awards, email Marty Horan, [marty\\_horan@yahoo.com](mailto:marty_horan@yahoo.com)

Got an item for Ins and Outs, questions or comments? Please email [ins\\_and\\_outs@mcrrc.org](mailto:ins_and_outs@mcrrc.org).

Laura Evans, Editor

## **OFF TO THE RACES**

### **The Turkey Burnoff 5 Miler, 10 Miler (Championship Series) and 2.78K Fun Run**

Saturday, Nov. 26 at 10 AM at Seneca Creek State Park in Gaithersburg

Work off those extra holiday calories at one of our most popular club races, the Turkey Burnoff. The course is scenic and you'll burn off that third helping of pumpkin pie on the gently rolling hills. The park deer occasionally make a cameo appearance, and they don't brake for runners! Registration is race-day only, get there at least 30 minutes early to park and walk to the sign-up area.

Note that parking is limited, so try to carpool to the race if you can.

To find out more, visit: [http://www.mcrrc.org/racing/2011/race\\_descriptions.php#turkey\\_burnoff](http://www.mcrrc.org/racing/2011/race_descriptions.php#turkey_burnoff)

## **VOLUNTEERS**

Consider helping out at one or both of our last two races of the year – the [Jingle Bell Jog](#) on Sunday, Dec. 11 at the Rockville Senior Center and the [Seneca Slopes Cross Country](#), Sunday, Dec. 18.

Use this link to sign up to volunteer: <http://www.mcrrc.org/volunteer.php>

## **WEEKLY WORKOUTS**

Now that the fall training programs are at an end, come join your friends (or make new ones) at these informal weekly long runs:

- Saturdays at 7 AM at the Capital Crescent Trail in Bethesda

- Sundays at 8 AM at Ken-Gar Palisades Park in Kensington

Groups in each location will divide up by pace and choose a distance.

For more info on these and other weekly workouts, visit: <http://www.mcrrc.org/training/wkout.php>

## **MEMBER MOMENTS**

Did you run your first marathon this year? Get a PR? Complete another challenging race or series of events? Or maybe your accomplishments were off the course – did you get married or have an addition to your family?

Tell your MCRRC friends about it! The Club will soon be starting up a print publication again and we'd like to include a "Member Moments" feature like we used to have in The Rundown – a place where members can share their personal milestones.

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

Look for the first issue in early January!

## **CLUB BUSINESS**

Check out the November minutes from the MCRRC Board of Directors meeting: [http://www.mcrrc.org/minutes/2011-11\\_bod\\_minutes.pdf](http://www.mcrrc.org/minutes/2011-11_bod_minutes.pdf)

In addition, the proposed MCRRC 2012 Budget is available for review at: [http://www.mcrrc.org/club-business/2012\\_Budget.pdf](http://www.mcrrc.org/club-business/2012_Budget.pdf)

## **OTHER HAPPENINGS**

Thanks to those who attended the timing team training that was held recently. We're looking forward to getting more folks involved in this critical function of our races.

### **Club gear for the holidays**

Thinking about holiday gifts for the special MCRRC runner in your life? Take a peek at the comfortable running gear available from the club's online shopping site. Check out the fleece vests, long-sleeved running shirts or the comfy wind jacket, all adorned with the MCRRC logo. Take a peek at: <http://mcrrcstore.passportintl.com/>