

Ins and Outs for Friday Sept 16

If you participated in the Parks Half Marathon this year, you may have noticed how dry the usually puddle-prone course was this year – in spite of being drenched by Tropical Storm Lee just days before.

The reason? Dedicated park workers who “literally worked around the clock once the flooding subsided, then came back for more Saturday afternoon when a tree came down blocking a section of the trail near Beach and Grosvenor,” explained race director Mike Acuña.

In addition, some of the race's 393 volunteers also played a role in clearing the course. A hearty thanks to Mike and everyone who pitched in for a tremendous job, and another great half marathon!

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

Laura Evans, Editor

OFF TO THE RACES

Rockville 5K/10K Registration is Now Open

Sign up to participate in the “oldest continuing race in Montgomery County” – the 36th Annual Rockville 5K/10K, Sunday Nov. 6, 8:30AM.

If you've never done it, the 10K is a challenging course that loops you through the Kings Farm neighborhood and the challenging surrounding hills, while the 5K is a speedy out and back. At the finish, you'll fill up on yummy food from a collection of local restaurants.

Register to run or volunteer here: <http://www.mcrrc.org/races/Rockville10k5k/>.

XC Series Runs

Slip on your spikes and take to the trails! Here are three fun and challenging cross country events coming up in quick succession in the coming weeks:

[Lake Needwood Cross Country](#), (JP,XC,YR) Saturday, Sept. 24, Derwood

- 8:30am 0.25mi & 0.5mi young run (YR)
- 8:50am 10km race (XC)
- 8:51am 1mi fun run (JP)

[Cross Country on the Farm](#), (XC) Sunday, Oct. 09, Derwood

- 8:30am 5km race (XC)

Black Hill 10K, (XC) Saturday, Oct. 15, Germantown

- 9:00am 10km race (XC)

For more about each race, click on the title, or visit: <http://www.mcrrc.org/racing/2011/schedule.php>

VOLUNTEERS

Parks Half Marathon was a big success this year, due to the tireless efforts of its volunteers. "We overcame a number of obstacles leading up to this year's race; facing Hurricane Irene on sign hanging day, swimming through Tropical Storm Lee for nearly the whole week before the race and removing downed trees the day before the race," said volunteer coordinators Kimberly Price and Susie Kinnecome. Thanks to all who were able to come and help out.

Halloween Young Run: It's almost that time of year again-- time for the annual Halloween Young Run, one of the largest events of its kind for kids ages 12 and under! This year's race is on Sunday, October 23.

The race needs lots of volunteers to help provide the safest - and most enjoyable - experience for the kids. Volunteers are needed the week before the race for packet stuffing, the day before at packet pick-up, and on race day before, during and after the race. Please sign up to help! The earlier you register to help, the more likely you are to get your first choice job so sign up soon!

For more information on volunteer jobs and to register, go to <http://www.halloweenyoungrun.com/volunteer.php>

Even if you're not planning to run one of our upcoming races, consider volunteering your time to help ensure that these events are fun and well-organized. Remember that volunteering is a great way to offer special support to your friends and family members who may be competing.

Signing up is easy! Just visit the volunteer sign up page and fill out the online form:

<http://www.mcrrc.org/volunteer.php>.

TRAINING RUNS

Tuesday/Wednesday Track

Track workouts (Tuesday and Wednesday, 7 PM) move to a newly resurfaced Wootton High School track (where we can run under the lights) starting Tuesday, Sept. 20 for the fall and winter months. They will return to Montgomery College track in the spring. For more details on track workouts, visit: <http://www.mcrrc.org/training/track.php> or <http://www.mcrrc.org/training/tutrack.php>.

OTHER HAPPENINGS

Seneca Creek Greenway Trail Work Day

If you'd like to help out with the improvement of the new section of the Seneca Creek Greenway Trail, join your fellow trail clearers on Saturday, Sept. 17 at 8:30 AM for a few hours of raking, brush clearing and bench cutting, where needed.

The group will meet at the trailhead parking lot off of Montevideo closest to River Road (coming from Poole's Store area take a right on Montevideo and look for a reddish brown gate and gravel lot on your right after less than a half mile). Tools will be provided but don't forget to bring water, gloves and bug repellent.

The group is adding a multi-use (hiker, biker, rider) trail on the NW side of Great Seneca Creek parallel to the Seneca Creek Greenway Trail, which is on the other side of the creek. (The SCGT along this section is NOT open to bikes.) This new trail will connect the large parking lot on Rt. 28 with the Dry Seneca Creek trails, and allow easy access to Poole's Store. The goal is to have this trail complete by early June. For that, LOTS of help is needed!

Note that 11 miles of new trails were approved last year to be part of the Seneca Creek Greenway Trail. So far there has been great progress. Volunteers, led mainly by the Mountain bikers (MORE) have almost completed the section from the BlackRock Mill to Riffleford Road. Another group has been working on the section from Montevideo Road to Route 28.

Contact Ed Schultze for additional details if you'd like to participate: EdSchultze@comcast.net