

Prince George's Running Club February 2016 BULLETIN



Happy New Year PGRC!

What's going on?

- Join us for this year's **RRCA Club Challenge 10 Miler!** This is a challenging 10 mile USATF Certified Course, hosted by the Howard County Striders. The race is **2/28/16**, at Howard County Community College. It is **FREE for all PGRC members!** See <http://striders.net/races/rrca/2016> for race details and https://secure.getmeregistered.com/get_information.php... for sign up. Select PGRC in the team affiliation box. **Please come out and run with the club!!!**
- **NEWS JUST IN!** Our registration numbers for the RRC Club Challenge are short! **PLEASE, PLEASE sign up!** You must be a member to run so if you have your friends sign up, make sure they join the club. **Registration closes on February 19th!**
- Thanks to Cassandra Logan, we will have new **club T-shirts** right in time for the Club Challenge!
- Are you a beginning runner interested in running a half-marathon or an 8K this spring? PGRC's training programs for beginners are just getting started! Please see the club's website (<http://www.pgrc.org/index.php#comingevents>) for information on how to sign up!
- Mark your calendars, PGRC's annual Springburst 8K in Greenbelt Park is coming up! The race is April 9th, 2016. Register here: <https://runsignup.com/Register/?raceId=1376>
- PGRC's track workouts are happening every Tuesday! See http://pgrc.org/training/tuesday_track.php for details!
- PGRC's walking group is meeting at area malls until it is warm enough to walk outdoors. Walkers meet at 8:00 am on Saturdays. Contact walk@pgrc.org for details!
- PGRC runners are meeting in Bowie for (very) early morning runs on Mondays, Wednesdays and Fridays! See <http://www.pgrc.org/index.php#comingevents> for details!
- PGRC runners are also meeting in College Park/Greenbelt for morning runs on Saturday and Sunday mornings, and Thursday evenings! See <http://www.pgrc.org/index.php#comingevents> for details!



VOLUNTEERS WANTED!!!!

- Races:** Not up for running Springburst? Please volunteer (and loudly cheer)! PGRC needs you! Contact volunteer@pgrc.org
- Committees:** If you're interested in helping the board in any area, please contact us! <http://pgrc.org/contactus.php> We also need you!
- Information Committee:** If you have web skills and/or are interested in helping improve PGRC's website, please contact news@pgrc.org We're hoping to maximize the website's potential.

What great things have we done?

- Since December, PGRC members have held some pretty awesome events.
- The PGRC's Holiday Lights Run on December 15th, 2015, was a huge success. Thanks to Ginny Fromel for organizing and hosting! And thanks to Sharyn Gordon for helping!
- PGRC's New Year's Poker Run on January 1, 2016 gave runners a chance to amass miles (and cards!) while enjoying running loops around Buddy Attick Lake. And there were prizes for best poker hand ☺. Thanks to Mark Schroeder for organizing this really fun event!
- While it was a tad chilly that day, PGRC's MLK Run/Social Gathering/Service Project on January 18, 2016 was a lot of fun. Thanks to Dave Roeder for organizing. And thanks to Kimberly Brooks, Deon Merene and Cassandra Logan for helping! Dave was quoted saying "It was a great way for the club to spend some time together, and I drove away with a whole back seat full of warm clothing for some folks who really need it!"



Some words...

A word on Meet-up: The Information Committee encourages everyone to start clicking "Yes" on the Meet-up RSVP – even for workouts/runs that we do regularly, as a matter of course. This way our events on Meet-up will look well attended (as they tend to be in real life) and new folks, who find us on Meet-up but don't know us, are more likely to click "Yes" too.

A word on pictures: If you take pictures of any PGRC event (race, workout, training run, etc.) please feel free to post them on facebook or send them to news@pgrc.org.

A word on the future: The April Bulletin will include the start of the "Member Spotlight" series, highlighting the awesomeness of a PGRC member. So, look out, you might get interviewed!

Where to find out everything you want to know about PGRC:

Website! <http://www.pgrc.org>

Facebook! <https://www.facebook.com/PrinceGeorgesRunningClub>

Twitter! @pgrunningclub

Meet-up! <http://www.meetup.com/Prince-Georges-County-Running-Club/>