

EDITORS' PICKS

[fitness]



Runners compete in the Piece of Cake race.

BEST RACE SERIES

In an era of themed runs—from zombie 5Ks to warrior dashes—that can demand a large chunk of your paycheck and include thousands of runners, the Montgomery County Road Runners Club's low-key races are refreshingly simple. There are no finish-line parties or swag bags, and most of its roughly 20 annual races, such as the Jingle Bell Jog and the Piece of Cake, have only a few hundred entrants. Races take place throughout the county, and range from road races such as the Country Road Run in Olney to cross-country races in Black Hill Regional Park. The lack of gifts and gimmicks leaves the focus where it should be: on the sense of community, the friendly volunteers and participants, and the joy of the run itself. Races are free to members (individual annual membership is \$40); \$10 for nonmembers. For a race calendar, visit www.mcrrc.org.

BEST WAY TO EXPERIENCE THE BOUTIQUE FITNESS STUDIO TREND

One day you're cycling at Zengo Cycle, the next you're training at Tough Temple CrossFit, and the next you're throwing jabs at a punching bag at Bethesda Boxing & Kickboxing Academy. That's the idea behind ClassPass, a pay-by-the-month (\$109), cancel-anytime membership that gives participants unlimited workouts at thousands of gyms across the nation, including 30-plus in Montgomery County. Use the website to sign up for classes—yoga, Pilates, cardio kickboxing, strength training and more. The only restriction is that you can't go to the same gym more than three times a month. Otherwise, the program is an exercise in flexibility, enabling easy access to often pricey, commitment-required studios.

ClassPass, classpass.com

