

Rockville 10K/5K
34th Anniversary 11-01-09 King Farm Village Center

City of Rockville 111 Maryland Ave. Rockville, MD 20850-2364

Presorted Standard U.S. Postage PAID Permit #63 Rockville, MD

Chip timing system will be used for scoring

New 5K course this year!

Rockville 10K/5K

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"The Oldest Continuing Race in Montgomery County"

Sunday, Nov. 1, 2009 • Road Closed: 8 a.m. • Race Begins: 8:30 a.m.
Start/Finish: King Farm Village Center, Rockville, MD



Part of the MD RRCA Grand Prix Series. The race will be the official 'Maryland Senior Olympics' 10K event. For more information: www.mcrrc.org or email rocrcun@mcrrc.org



AMERICA'S CAPITAL PARTNERS MID-ATLANTIC

Rockville 10K/5K
34th Anniversary 11-01-09 King Farm Village Center

Race Presented By:
City of Rockville Mayor & Council
Department of Recreation & Parks

Race Hosted By:
King Farm Village Center • Regency Centers

Race Conducted By:
Montgomery County Road Runners Club

Other Contributing Sponsors:
RnJ Sports Discounters • Noodles and Company
Safeway • Hard Times Cafe
EU Services • ACP Mid Atlantic LLC

Race Beneficiary:
Rockville Youth Recreation Fund
Maryland Senior Olympics

Race Information:
Location and Course:
King Farm Village Center
King Farm Boulevard and Pleasant Drive

Registration Fees:
\$30 by Oct. 23, 2009 • \$33 by Oct. 31, 2009
\$35 on Nov. 1 from 7:30 a.m.-8:15 a.m.

Parking and Shuttles:
Two Irvington Centre and 702 King Farm Blvd.

From I-270 proceed East on Shady Grove Rd., turn right onto Choke Cherry Rd., right onto Piccard Dr., left onto King Farm Blvd.
From Route 355 proceed West on Shady Grove Rd., turn left onto Choke Cherry Rd., right onto Piccard Dr., left onto King Farm Blvd.

SHUTTLE BUSES WILL CONTINUOUSLY RUN PARTICIPANTS TO RACE AREA. SHUTTLES START AT 7:15 A.M., WITH THE LAST SHUTTLE AT 8:10 A.M. RETURN SHUTTLES WILL BEGIN AT 10:15 A.M.

KF The retailers of King Farm Village Center are proud to host the Rockville 10K/5K, now in its 34th year.

Health/Medicine
Advanced Spine & Wellness 240-361-2225
Family Health Care 301-947-6816
Ryden Optik 301-869-7611
State of the Art Dental Group 240-683-8111

Food/Dining
Baja Fresh Mexican Grill 240-683-3907
King Farm Wine Shop 301-208-WINE
Eastern Cafe 301-963-9288
Fontina Grille 301-947-5400
Maggie Moo's Ice Cream 301-216-0032
Mayorga Coffee Roasters 301-990-8722
Nagoya Sushi 301-990-6778
Quiznos Subs 301-947-6700

Beauty/Fitness
Elaj Aveda Day Spa 301-977-1514
Hair Cuttery 301-947-9795
Kicks Karate 301-869-4300
Lifestyles for Hair 301-977-3220
South Beach Tanning Salon 301-869-1285

Banking/Finance
BB&T 301-926-9278
Chevy Chase Bank 301-921-8540
H&R Block 301-963-4859
Wachovia 301-926-4570

Services
Crown Carpet & Flooring 301-947-9400
King Farm Cleaners 301-947-0222
Long & Foster Real Estate 301-548-9700
Montgomery Printing Services 301-990-1239
Parcel Plus 301-590-0300
Safeway 301-990-3150

Specialty Shops
KoKo Florist 301-869-9829
Pawlitics...where pets rule! 301-947-PETS
Woolwinders: A Knitting Salon 240-632-9276

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Maryland Senior Olympics

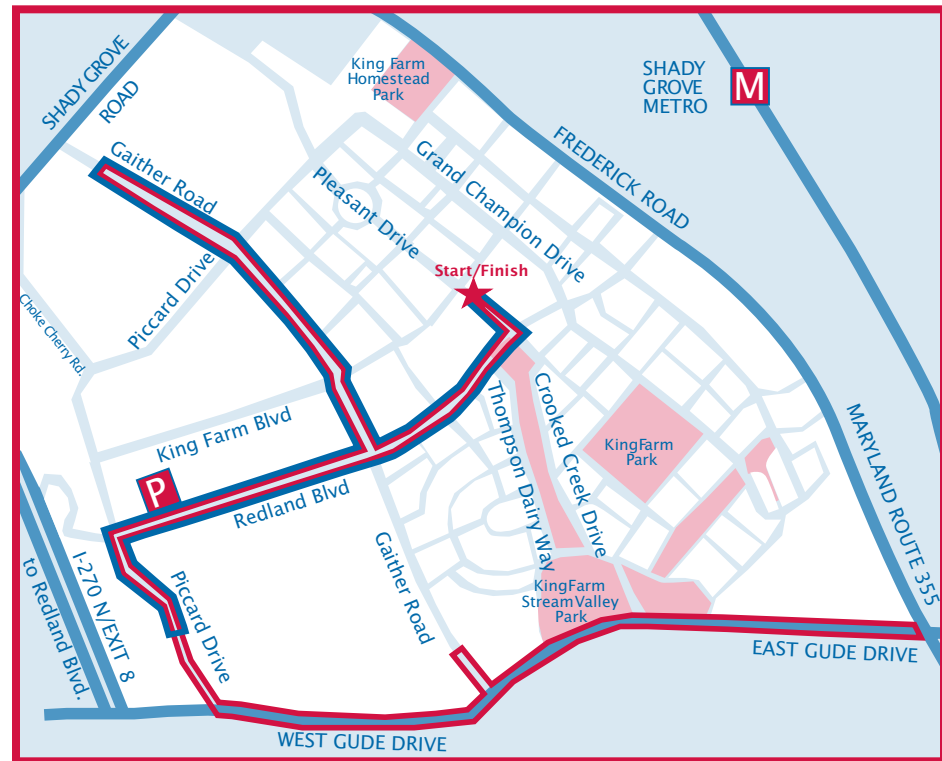
This race will be the official Maryland Senior Olympics 10K qualifier. Learn more at www.md.seniorolympics.org or call 240-777-8080

Not Running? Want to Help?

Sign up to volunteer for the Rockville 10K/5K at www.mcrrc.org or call 301-460-8888. If you sign up to volunteer before race day, we'll guarantee you a race T-shirt and post-race brunch. No experience necessary.

10K/5K Age Groups:

19 & under	45 - 49	60 - 64	75-79
35 - 39	50 - 54	65 - 69	80 & over
40 - 44	55 - 59	70 - 74	



Key:
— = 5K
— = 10K

Awards and Prize Drawings:

Awards will be given to Open Placed finishers, Top Age Group finishers and Second Place finishers.

All Runners Will Receive:

- Commemorative long-sleeve T-shirt. T-shirts are not guaranteed for race day registrants (or registrants after online registration closes)
- Chip timing system
- Chance to win random prize drawings
- Pre-race stretch provided by the Sergeant's Program

- Complimentary gift (while supplies last)
- On-site bag check
- Post-race brunch provided by Noodles and Company
- Food samplings provided by select King Farm Village Centers Dining establishments

Grand Prize Random Drawing

\$500 Travel Gift Certificate (10 a.m. drawing; all are eligible to win. Must be present to win)

Chip Timing System

We are employing a transponder (chip) timing system. Chip timing provides runners with a more pleasant finishing experience, and it enables quicker and more accurate race scoring. We still require all participants to wear a bib number for safety identification and for finish line recognition.

Race Management Provided by:

Montgomery County Road Runners Club

Mail Entry Form To:

Rockville 10K/5K – City of Rockville
 111 Maryland Ave.
 Rockville, MD 20850-2364

Register Online (by noon, Oct. 30):

www.mcrrc.org
 Use your credit card to enter on the secure site

For more information: www.mcrrc.org or e-mail rocrun@mcrrc.org

Packet Pick-Up/Late Registration:

RN J Sports Discounters
 11910R-Parklawn Drive, Rockville
 301-881-0021
 Saturday, Oct. 31, 11 a.m.-5 p.m. \$33

Sorry, No Refunds

Halloween Young Run

Sunday, Oct. 18 at 9 a.m.
 Kids 12 & under
 Pick your distance: 1/4, 1/2 or 1-mile fun run.
 For more information, call 301-353-0200 (MCRRC Club Line)



Official Entry Form:

Rockville City Hall, c/o Rockville 10K/5K

Nov. 1, 2009, 8:30 a.m. - Machine Copies Accepted - No Refunds

Entry Fee: \$30 (By Oct. 23), \$33 (By Oct. 31), \$35 (Nov. 1)

Check Payable To: City of Rockville

Mail To: Rockville City Hall, c/o Rockville 10K/5K, 111 Maryland Ave., Rockville, MD 20850

Last Name

City

State

ZIP Code

Age (as of Nov. 1, 2009)

Sex

Event: 5K 10K Maryland Senior Olympics 10k

T-Shirt size (circle one): S M L XL

Volunteer: Y N

MD RRCA Club Affiliation: MCRRC AS DCRR BRR FSRC PGRC RASAC QCS WRR HCS FRRC (IF APPLICABLE)

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather including heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I agree to abide by any decision of a race official relative to my ability to safely compete in the run. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive release, and indemnify the Montgomery County Road Runner Club Inc., King Farm Village Center, LLC, Regency Centers Corporation, the Mayor and Council of Rockville, City of Rockville, and all of its agents, officers, and employees, and any sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event. I further authorize the foregoing to use any photographic, video, or other record of this event for any legitimate purpose without compensation to me. No strollers, baby joggers, skates, pets or headsets.

Participant's signature (mandatory) Must be signed by parent or guardian if entrant is under age 18.