

THE ROCKVILLE 10K/5K

NOVEMBER 1, 2009

8:30 A.M. 10K/5K

RUNNER INSTRUCTIONS

Welcome to the 2009 **ROCKVILLE 10K/5K**, presented by the City of Rockville and hosted by **Regency Centers and the King**

Farm Village Center! Please help make the race an enjoyable experience for everyone by reading and observing the following information.

IMPORTANT NOTICE: The streets leading to the race site will be closed to traffic at approximately 8:00 a.m. If you arrive after this time, you will not be able to reach the start line area by car.

PARKING/SHUTTLE BUSES: Two Irvington Center. 702 King Farm Blvd. A shuttle buss will continuously run participants to start of race. Shuttle runs start at 7:15 a.m.; last shuttle runs at 8:10 a.m. Return shuttles run from 10:15 am to 11:15 am.

HOW TO WEAR YOUR RUNNER NUMBER:

Your number must be visible when you cross the finish line, so pin it to the **FRONT** of your shirt or shorts. Do not pin or remove the lower tag!

2009 CHIP TIMING SYSTEM:

We are employing a transponder (chip) timing system with these runs. 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

DAYLIGHT SAVINGS TIME ENDS- CHANGE OUR CLOCKS:

Remember that daylight time ends on the first Sunday in November. On the first Sunday in November (November 1st), clocks are set back one hour at 2:00 A.M. Please enjoy your extra hour of sleep prior to your run.

START TIMES: The Rockville 10K and 5K will start @ 8:30 a.m. Move to the starting area when directed by race officials at 8:15 a.m.

SERGEANT'S PROGRAM PRE-RACE WARM UP: At approximately 8:10 am, 20 min. before race time, please join Patrick Avon while he warms you up and stretches your muscles.

UNOFFICIAL RUNNERS ARE NOT PERMITTED: You must show your number as you approach the finish line.

WHEN YOU CROSS THE FINISH LINE, proceed to the row of chairs in the chute and remove your IPICO timing tag. Drop your tag in bucket or hand to volunteer. Ask for assistance if needed. The tear-off tag at the top of your bib will be collected as you leave the chute for the Random Awards program following the race. Retain your bib number for the drawing which features a Grand Prize \$500 Travel Gift Certificate.

If you leave the race without turning in your timing tag, please mail it to: MCRRC, PO Box 1703 Rockville MD 20849



OVER

WATER will be available at the start and finish and twice throughout the 10K course. If the weather is warm, drink at least 1-2 cups before the race and be sure to take water on the course.

Maryland Senior Olympics (MSO) – This race will be the official Maryland Senior Olympic's 10K event. For more information www.md.seniorolympics.org or 240-777-8080.

RUNNER SAFETY - Run with caution. Be alert for other runners and the possibility of vehicles that may have gotten onto the course. Stay in the marked lanes & follow the instructions of race officials. If you see another runner down, please give aid and notify the nearest marshal or police officer. No strollers, baby joggers, skates, pets, or headsets on the course - you become a hazard to yourself and other runners.

MEDICAL AID will be available at the finish line. Radio operators as well as course marshals on the course will summon aid to runners.

HOT WEATHER WARNING!

IF THE WEATHER SHOULD BE HOT OR HUMID, YOU SHOULD TAKE PLENTY OF WATER AND REDUCE YOUR PACE - OR DO NOT RUN. HEAT EXHAUSTION AND STROKE ARE SERIOUS, LIFE-THREATENING CONDITIONS. IF YOU FEEL DIZZY, ILL, OR CHILLED, OR IF YOU STOP SWEATING, STOP IMMEDIATELY AND SEEK ASSISTANCE. RACE OFFICIALS ARE AUTHORIZED TO REMOVE RUNNERS FROM THE RACE.

POST-RACE REFRESHMENTS & FESTIVITIES - Food will be provided by Noodles & Company, as well as Safeway Food and select King Farm Village Center Restaurants (approximately 9:15 a.m. until 11 a.m.). Share in the festivities as there will be music playing and good times had.

AWARDS CEREMONY - Begins about 9:30 a.m. In the meantime, enjoy the refreshments and music. In addition to overall awards and age-group awards, there will be great random prizes, including this year's Grand Prize Award, which features a \$500 Travel Gift Certificate.

RESULTS - Complete race results will be posted on the website, visit www.mcrrc.org – Rockville 10K/5K “Results”.

TOILETS - Multiple port a johns available on site at start/finish of race.

COMMEMORATIVE LONG SLEEVED T-SHIRTS - Provided to registered 10K and 5K runners. T-shirts are not guaranteed for race day registrants (or registrants after online registration closes)

POSTPONEMENT - The run will be conducted even in rain. In case of severe weather, please call the Sports Inclement Weather Line 240-314-5055.

Again, welcome to the Rockville 10K/5K. These races are made possible through the major efforts of the City of Rockville Mayor and Council and Department of Recreation and Parks, Regency Centers, King Farm Village Center, Noodles & Company, EU Services, Rockville Hard Times Cafe, RnJ Sports Discounters, Safeway, America's Capital Partners Mid-Atlantic, Highway Safety Services, and Drink More Water. Montgomery County Road Runners Club is pleased to be conducting this annual event. We all will be doing everything we can to assure you a safe and enjoyable race.

HAVE A GREAT RACE!

City of Rockville • Department of Recreation and Parks