



Montgomery County Road Runners Club

Run for Roses 5K

Saturday, June 20, 2009 at 8:00 am

Wheaton Regional Park, Wheaton, MD

Part of the 2009 Maryland Women's Distance Festival Grand Prix Series



Awards and Premiums: Roses & Certificates to all finishers— Awards to top three overall finishers, first master, first two in each age group (under 14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80 and 81+), and the first three mother-daughter teams. No duplicate individual awards. Random prizes and refreshments. Post-race massages available.

Fees: \$10 through June 10; \$15 from June 11 through race day. Make checks payable to MCRRC. **Pay an additional \$17.00 to reserve your limited edition 2009 Roses technical shirt (women's sizes).** Mail entry form below or register ONLINE at www.mcrrc.org.

Volunteers: Lots of volunteers are needed! Sign up on the volunteer link at www.mcrrc.org

Young Run: 7:45 am - Free ¼ and ½ mile runs for all kids 12 and under. Every kid receives a ribbon and a treat at the finish. Race-day registration only.



Bill Osburn

RUNNER'S
WORLD.

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Packet Pickup: Packet pickup and race day registration starts at 7:00 am at the race site.

Course: Wheaton Regional Park, starting in the parking lot near the train station with a varied terrain.

Directions: To get to Wheaton Regional Park, take I-495 to Georgia Avenue, North. Go 2.7 miles north on Georgia Avenue to Shorefield Road, Turn right; the park entrance is at the end of Shorefield Road.

For Additional Information: Call: 202-537-9784, 301-236-4869, or visit www.mcrrc.org



FLEET FEET HONEST TEA



GEORGETOWN SPORTS MASSAGE

Mail entry and fee to: MCRRC, 1905 Mica Drive, Silver Spring, MD 20904 ***Do not mail form after June 14.***

Add an additional \$17 for the 2009 technical shirt (Supply limited). Specify size: S M L XL

TOTAL ENCLOSED \$ _____

Name (Last, First): _____ Age on Race Day: _____

Address: _____

City: _____ State: _____ Zip: _____

Evening Phone: _____ - _____ - _____ Club: MCRRC Other _____

Beginners Program (List Group Name) _____

Mother-Daughter Team (Separate Entry Required for Each Runner)

Team Name _____

Entry and waiver MUST be signed by runner (parent or guardian if runner is under 18)

I know that running is a potentially hazardous activity and that I should not enter and run in this race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete in the run. I assume all risks associated with running including but not limited to, falls, weather conditions, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Montgomery County Road Runners Club, Montgomery County Government, the Maryland National Capital Park and Planning Commission, RRCA, USATF, plus all event partners, sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. If I am signing this waiver as parent or legal guardian on behalf of the minor(s) named above, I agree to be responsible for the conduct and safety of the minor(s), and I recognize and assume the risks described above on behalf of those minor(s). For safety reasons, I agree not to run with any of the following: wheelchairs, strollers, baby joggers, skates, pets, or headsets.

Signature: _____ Date: _____