

Rockville 10K/5K
33rd Anniversary 11-02-08 King Farm Village Center

City of Rockville 111 Maryland Ave. Rockville, MD 20850-2564

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

New This Year
Chip timing system will be
used for scoring

Rockville  **10K/5K**
33rd Anniversary 11-02-08 King Farm Village Center

"The Oldest Continuing Race in Montgomery County"

Sunday, November 2, 2008 • Road Closed: 8:00 am • Race Begins: 8:30 am
Start/Finish: King Farm Village Center, Rockville, MD

Hosted by:



Part of the 2008 Rockville Triple Race Series &
The MD RRCA Grand Prix Series

Official Maryland Senior Olympics 10K Qualifier

Presented by:



regencycenters



regencycenters



Race Hosted By:

City of Rockville Mayor & Council
Department of Recreation & Parks

Race Presented By:

King Farm Village Center
Regency Centers

Race Conducted By:

Montgomery County Road Runners Club

Other Contributing Sponsors:

RnJ Sports Discounters
Hard Times Cafe
EU Services

Race Beneficiary:

Rockville Youth Recreation Fund
Maryland Senior Olympics

Race Information:

Location and Course:

King Farm Village Center
King Farm Blvd. and Pleasant Drive

Registration Fees:

\$28 by October 24, 2008
\$30 by November 1, 2008
\$33 on November 2 from 7:30 am-8:15 am

Parking and Shuttles:

Two Irvington Centre and 702 King Farm Blvd.

Take 355 North (From Rockville Town Center)
and turn left on Redland Blvd.

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



The retailers of King Farm Village Center
are proud to support and host the Rockville
10k/5k, now in its 33rd 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
Kardo Mediterranean Cafe (301) 926-7855
Maggie Moo's Ice Cream (301) 216-0032
Mayorga Coffee Roasters (301) 990-8722
Nagoya Sushi (301) 990-6778
Quiznos Subs (301) 947-6700
L'oustalet French Restaurant (301) 963-3400

Beauty/Fitness

Curves (301) 869-2093
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



Rockville 10K/5K

33rd Anniversary 11-02-08 King Farm Village Center

Part of the "2008 Rockville Triple Race Series"

Pike's Peek 10K

April 27, 2008, 8 am

Rockville Twilighter Runfest 8k

July 19, 2008, 7:45 pm

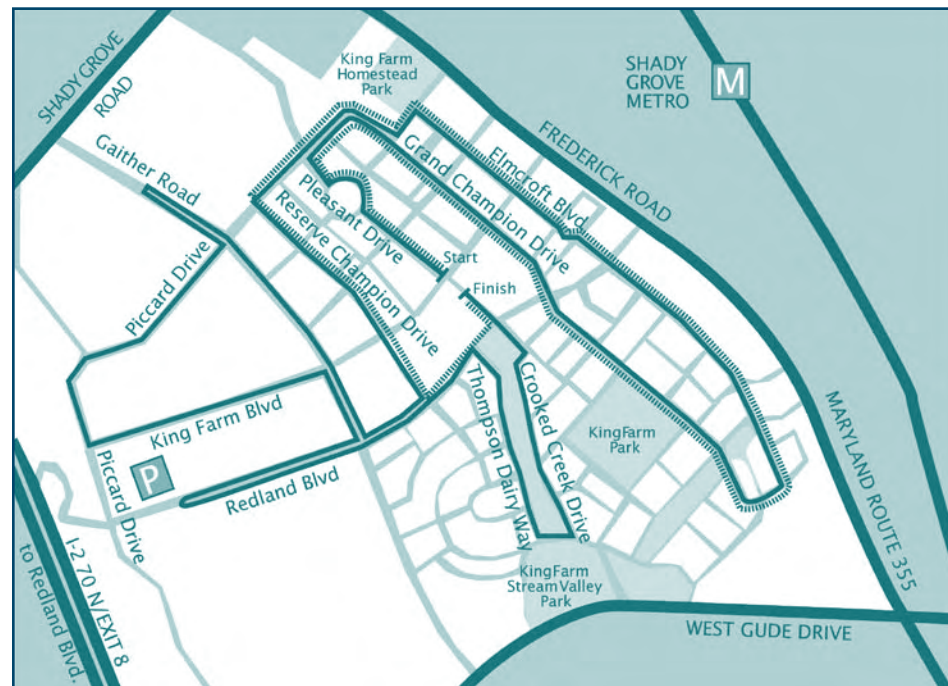
Rockville 10k/5k

November 2, 2008, 8:30 am

1st and 2nd place finishers (men and women) in the open and masters (over 40 as of April 27, 2008) divisions will be eligible to receive an award!

Maryland Senior Olympics

10K Qualifier www.md.seniorolympics.org - 240-777-8080



Not Running? Want to Help?

Sign up to volunteer at 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	

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

Grand Prize Random Drawing

\$1,000 Travel Gift Certificate (10:00 a.m. drawing, all are eligible to win, must be present to win)

New for 2008 Chip Timing System

We are employing a transponder (chip) timing system this year. 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 Avenue
Rockville, MD 20850-2364

Register Online (by noon, October 31):

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

For Information Call:

301.460.8888

Packet Pick-Up/Late Registration:

RN J Sports Discounters

11910R-Parklawn Drive, Rockville, MD

301-881-0021

Saturday, November 1, 11 a.m.-4 p.m. \$30

Sorry, No Refunds

DARCARS Young Run

Sunday, October 19 at 9:00 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

November 2, 2008, 8:30 am - Machine Copies Accepted - No Refunds

Entry Fee: \$28 (By Oct. 24), \$30 (By Nov. 1), \$33 (Nov. 2)

Check Payable To: City of Rockville

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

First Name _____ Last Name _____
 Address _____ City _____ State _____ Zip Code _____
 Email Address _____ Age (as of November 2, 2008) _____ Sex _____
 Event: 5k 10k Maryland Senior Olympics 10k
 Volunteer: Y N
 T-Shirt size (circle one): S M L XL

Rockville Triple Race Series stats (if applicable): Mark this box if you have run both Pike's Peek 10k and Twilighter 8k

MD RRCA Club Affiliation: MCRRC AS DCRR BRRC FCS PGRC RASAC QCS WRR (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.