



montgomery county road runners club

# Run for Roses 5K

Saturday, June 19, 2010 at 8:00 am

Wheaton Regional Park, Wheaton, MD - **WALKERS ARE WELCOME**

Part of the 2010 Maryland RRCA 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 awards. Random prizes and refreshments. Post-race massages available.

**Fees:** \$10 through June 3; \$15 from June 4 through race day. Make checks payable to MCRRC. **Pay an additional \$17.00 to reserve your 2010 Run for Roses Brooks technical shirt (women's sizes).** Mail entry form below or register ONLINE at [www.mcrrc.org](http://www.mcrrc.org).

**Young Run:** 7:45 am - Free ¼ and ½ mile runs for all kids 12 and under. Race-day registration only.

**For Additional Information:** Call: 301-236-4869, e-mail [run4roses@mcrrc.org](mailto:run4roses@mcrrc.org) or visit [www.mcrrc.org](http://www.mcrrc.org)

LILA+

Bill Osburn



Ize's Bagelry

**RUNNER'S**  
WORLD.

**FLEET FEET**  
*Sports*  
GAITHERSBURG

**HONEST TEA**



**GEORGETOWN SPORTS MASSAGE**

Mail entry and fee to: MCRRC, 1905 Mica Drive, Silver Spring, MD 20904 ***Do not mail form after June 4.***

**Add an additional \$17 for 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: \_\_\_\_\_