

# Runner Instructions

**WELCOME** to the 2010 Kaiser Permanente Pike's Peek 10K and Kids Run. Please help make the race an enjoyable experience for everyone. Some Instructions!

**Where do I get my runner number and timing chip?** At Packet Pick Up:

At White Flint Mall, Lower Level, Bloomingdale's wing, between Cache and Nine West –

Friday, April 23, 12 p.m. – 8 p.m.

Saturday, April 24, 10 a.m. – 4 p.m.

At the start area, Redland Road –

Sunday, April 25, 6:45 a.m. – 7:45 a.m.

## 10K start time is 7:50 a.m. - sharp!

**WHERE IS THE START?** Near the Shady Grove METRO station at the north end of Rockville, on Redland Road.

**WHERE DO I PARK?** The largest lot is the east METRO lot. Park in the open lots without charge or pay a fee to park in the covered lots.

**HOW DO I GET THERE?** You can enter the west METRO parking lot from MD 355 just north of Redland Road. Do not attempt to use Redland Road to enter the west METRO lot; the road will be closed starting at 6:00AM. You can enter the east METRO lot from I-370 East off of I-270, or from Shady Grove Road. You CAN NOT enter from Redland Road at Crabbs Branch Way as it will be closed to westbound traffic starting at 6:00am.

**WHAT DO I DO AT THE START?** Pin your bib number to the front of your clothing. TIE YOUR CHIP TO YOUR SHOE! YOUR RACE TIME WILL NOT BE RECORDED IF YOU ARE NOT WEARING THE CHIP ON YOUR SHOE.

**CAN I RIDE METRO TO THE START? NO!** Metro opens at 7 a.m. on Sunday mornings but the first train does not REACH the Shady Grove Metro station until 8:01!

**WHAT HAPPENS IF IT RAINS?** We will hold the race as planned, and conduct all post-race activities in the White Flint Mall covered parking garage just west of Lord & Taylor.

**HOW DO I GET BACK TO MY CAR AT SHADY GROVE AFTER I FINISH THE RACE AT WHITE FLINT MALL?** Your best bet is to take the METRO train back to the Shady Grove station. **Fare is \$1.45. You can buy a farecard at any metro station**

**WHAT DO I DO WITH MY WARM-UPS AT THE START?** There will be a truck in the start area where you can drop your sweats for transport to the finish area.

**WHAT DO I DO AT THE FINISH?** YOU MUST REMOVE THE IPICO CHIP FROM YOUR SHOE AND TURN IT IN TO A VOLUNTEER AT THE BACK OF THE FINISH AREA CORRAL. REMEMBER:

1. Absolutely NO wheelchairs, strollers, baby joggers, skates, pets, or headsets are permitted on the course.
2. You must run inside the cones at ALL times.
3. If you have a medical problem or see another runner with a problem, notify a race official as quickly as possible.
4. You must maintain at least a 14 minute-per-mile pace and stay ahead of the trucks picking up the cones. If you fall behind this pace, you will be directed by the course marshals to continue your running on the sidewalk while obeying all routine pedestrian laws, or you may get in the straggler van for transport to the finish area.

## Got shoes?

If you have used shoes, please consider donating them during the Pike's Peek shoe drive. The MCRRC Green Team has a goal of collecting 1000 pairs of used shoes!

The MCRRC Green Team will be collecting any used shoes for recycling/donation. Shoes with some life left will go to someone in need via local and international charitable organizations, while well worn shoes will be transformed into athletic surfaces and other products via a partnership with Nike Reuse-A-Shoe. Collection bins will be available at Packet Pick-up at White Flint (Fri April 23 and Sat April 24) and the Start Line at Shady Grove (April 25). Questions? Email: [greenteam@mcrrc.org](mailto:greenteam@mcrrc.org) or visit <http://pikespeek10k.com/greenteam.htm>

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**Author Signing, *Big Green Purse*:** Diane of "Big Green Purse" will be at Whole Foods Rockville on **Saturday, April 24<sup>th</sup> from 11-1** autographing her book about how to live a greener life. She will also give out a free gift to those who purchase her book. *While supplies last. Limit one per customer.* **Whole Foods, 1649 Rockville Pike, Rockville, MD 20850**

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## A Chance to Win a Car!!

This year all participants will have a chance to win a car through NASA Federal Credit Union!

Come try your luck at the NASA Federal Credit Union Tent on April 25th after the Pike's Peek Race or at the NASA Federal Credit Union Rockville Branch located at 1592-B Rockville Pike through May 28th. Enter in any six digit code you'd like - your birthday, an account number or even a special anniversary date. The combination you use is entirely up to you. Guess the winning combination to unlock the safe and win your choice of a 2010 Chevrolet Cobalt or a 2010 Honda Civic, courtesy of NASA Federal Credit Union and Sport Automotive. Anyone can try. You don't have to be fast.

# 2010 Kaiser Permanente Pike's Peek Sponsors

## KAISER PERMANENTE

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