

Runner Instructions

WELCOME to the 2011 Kaiser Permanente Pike's Peek 10K and Family Run. Please help make the race an enjoyable experience for everyone. Some Instructions!

What's new this year?

1. Health Fair hosted by Kaiser Permanente, featuring Body Mass Index screenings, shoe analysis, and blood pressure screenings.
2. Free post-race massage
3. Assisted stretching
4. Make your own pizza for the kids
5. Visit the new Whole Foods Market
6. Check out environmentally friendly cars

Where is packet pick up so I can get my number , chip and premium?

White Flint Mall - Bertucci's Italian Restaurant - main entrance to mall

Friday, April 15, 3 p.m. – 8 p.m.

Saturday, April 16, 10 a.m. – 4 p.m.

At the start area, Redland Road –

Sunday, April 17, 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 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.

Shoe Recycling

If you have used shoes, please consider donating them during the Pike's Peek shoe drive.

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 15 and Sat April 16) Questions? Email: greenteam@mcrrc.org or visit <http://pikespeek10k.com/greenteam.htm>

HEALTH FAIR

Have your running shoes and your feet analyzed after the race at the health fair hosted by Kaiser Permanente. The fair also will feature Body Mass Index screenings, and blood pressure screenings."

MASSAGE

Get the kinks worked out of your muscles. We will have FREE post-race massage.

STRETCHING

LA Fitness – Rockville staff will be available to help you stretch your muscles.