Kaiser Permanente Pike's Peek 10K

April 25, 2010 ---- Mail-in Registration

Entry Fees: 10K: $28 (until Dec 25), $33 (Dec 26 - Apr 15), $38 (Apr 16 - Apr 19)
Fun Runs: $12 (at all times)

Check Payable: MCRRC

Mail To: MCRRC, Pike's Peek 10K (Do not mail after Apr 19)
PO Box 1703
Rockville, MD 20849

Conducted By:

Hosted By:

First Name

Last Name

Address

City **State** **Zip Code**

Sex **Age**

Check if you are an MCRRC Member ☐

Emal: _____

Phone: _____

Performance tank (s, m, l, xl, 2x (men only in 2x)) **Size: Women ____ Men _____**

Upgrade Shirt (s, m, l, xl) **short sleeve** **$15 Women _____ Men _____**
long sleeve **$20 Women _____ Men_____**

SAFETY CONSIDERATIONS: 10K runners will have the full use of the north bound side of Rt. 355 until Gude Dr (approx.1 mile). After that, competitors must run in the two median lanes. Traffic and safety considerations prohibit: strollers, baby joggers, skates, pets, and headsets. Participants unable to maintain a 13-minutes-per-mile pace will be directed onto the sidewalk and from that moment must remain on the sidewalk and follow normal pedestrian rules at the cross streets. No: Strollers, baby joggers, skates, pets, or headsets permitted.

I know that running is a potentially hazardous activity. I should not enter and run in the race unless I am medically able and property 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 City of Rockville, WMATA, Kaiser Permanente, White Flint Limited Partnership, Lerner Corp., RRCA, plus all event partners, sponsors, and 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. Further I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose without compensation to me. I agree to pay the event an additional $5 if I fail to properly return the IPICO chip. For safety reasons, I agree not to run with any of the following: strollers, baby joggers, skates, pets, or headsets.

PARTICIPANT'S SIGNATURE (Mandatory) Must be signed by parent or guardian if entrant is under age 18. Unsigned or illegible entries will be rejected.