

Official Registration Form

Please complete a separate form for each person.

First Name _____

Last Name _____

Sex _____ Age on Race Day _____

Event: **5K Race** **½ Mile Run** **Wacky Run** **Fun Fest Only**
(circle)

T- Shirt Size: Adult M Adult L Adult XL
(Circle one) Youth M Youth L

Are you affiliated with MCCA? (circle one): YES NO
If so, which MCCA Center? _____

Entry Fees:

5K Run & Fun Fest by October 21, 2011

- 13 and up -- \$15
- 12 and under -- \$ 5

5K Run & Fun Fest after October 21, 201

- 13 and up -- \$20
- 12 and under -- \$5

½ Mile or Wacky Fun Run & Fun Fest

- 13 and up -- \$10 whenever registered
- 12 and under -- \$ 5 whenever registered

No Run, Just Fun – Fun Fest only

- 13 and up -- \$10 whenever registered
- 12 and under -- \$ 5 whenever registered

Waiver: I know that running is a potentially hazardous activity. I should not run in a race unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely compete in the run. I assume and am aware of the risks of running. I for myself, after reading this waiver, release the Montgomery Child Care Association and Rock Creek Regional Park, Montgomery County Road Runners, plus all sponsors and volunteers and their representatives and successors, from all claims and liabilities of any kind arising from my participation in this race. Further, I grant permission to all of the forgoing to use any photographs, motion pictures, or other record of this event.

Signature Required: _____
(Parent signature is required if under 18 years of age)
Date: _____

Please make check payable to MCCA and mail with SIGNED completed registration form to:

MCCA 5K Run
3204 Tower Oaks Blvd., Suite 330
Rockville, MD 20852

Thank you for your support!

Special Thanks to Our Platinum Sponsor

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14801 Southlawn Lane, Rockville, Maryland 20850 (240) 268-2265

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3204 Tower Oaks Blvd. #330, Rockville, MD 20852
Phone 301-984-7680 www.mccaedu.org

OCTOBER 29, 2011

7th Annual

MCCA-Colombo 5K Race & Family Fun Fest



With ½ Mile Run & Wacky Fun Run

Lake Needwood Rock Creek Regional Park

Platinum Sponsor

COLOMBOBANK

ESTABLISHED 1914

14801 Southlawn Lane, Rockville, Maryland 20850 (240) 268-2265

About Montgomery Child

Care Association

Montgomery Child Care Association is Montgomery County, Maryland's oldest *non-profit* child care provider, caring for over 1000 children, ages 2 months to 12 years, at 14 sites county-wide.

MCCA Family Emergency Scholarship Fund

All race proceeds benefit Montgomery Child Care Association's Family Emergency Scholarship Fund. This fund provides temporary tuition assistance to MCCA families who experience a sudden financial hardship such as job loss or serious illness which makes them unable to afford their child care.

You don't have to run to have fun!

Family Fun Fest!

Fun Stuff for the Kids—

Magician, face painting, crafts,
games, relays & more

Door Prizes for All Ages!

Door prize drawings all morning long—
toys, kids' books, sports stuff,
dinner & movie coupons,
and at least one great weekend getaway!

DIRECTIONS

From 495

1) Beltway 495 to Georgia Ave. (Rt.97) North; 2) Make left on Norbeck Rd. (Rt.28); 3) Make right at 1st light - Muncaster Mill Rd.; 4) Make left at 1st light (approx. 2 miles) Avery Rd., 5) Park entrance on right. At 1st intersection within park, turn left.

From 1-270

1) I-270 North to Shady Grove Rd (Exit 8); 2) Once on exit ramp, bear right immediately onto Redland Rd; 3) Follow Redland Rd. past Rt.355; 4) Make right on Needwood Rd.; 5) Go past golf course and lake; Park entrance on right. Race starts just past Boat House.

Race Information

WHERE

Lake Needwood – near the Boat House
6700 Needwood Rd, Rockville, MD, 20855
Rock Creek Regional Park www.mc-mncppc.org
Parking and bathrooms available in the park

WHEN

Saturday, October 29, 2011 (Rain or Shine)

Family Fun Fest all morning long!

½ Mile Run -- 9:15 am

Wacky Fun Run -- 9:15 am

5K Race -- 9:30 am

**Race management services by
Montgomery County Road Runners**

5K COURSE

The 5K (3.1 mile) course is a challenging rolling hills loop around Lake Needwood, entirely inside the park. Water will be provided at mile 2. Roads are open to traffic and runners must abide by all traffic laws. However, traffic will be monitored by race officials. No pets, headphones, skates or baby joggers/strollers allowed on the 5K course.

½ MILE RUN

An easier run for youngsters and beginners--but be ready for that one steep hill! (And please, no dogs.)

WACKY FUN RUN

Give your Halloween costume a trial run, decorate your stroller or yourself—or come as you are! Baby joggers or strollers are welcome in the Wacky Run, a fun and flat run and obstacle course. Please: No dogs on any course.

CASH PRIZES & AWARDS

Cash prizes for the top three male & female 5K runners overall. **Awards** for the top 3 male & female runners in each age group: 18 and under, 19-29, 30-39, 40-49, 50-59, 60 and up.

T-SHIRTS & GIFT BAGS

Gift bags for everyone. Official T-shirts are free to the first 250 people to register.

How to Register

ADVANCE REGISTRATION

**Registration and payment received
by October 21, 2011:**

**Register online at active.com
Credit card only.**

Register in person at your MCCA center.
Cash or check only.

Register by mail by completing the form located on the back of this flyer and mailing it to:
MCCA 5K Run
3204 Tower Oaks Blvd., Suite 330
Rockville, MD 20852
Check only.

RACE-DAY REGISTRATION

After October 21, 2011, you may only register on race day at the park. Race day registration will open at 8:00am and close at 9:00am.
Cash or check only.

Entry Fees-

New lower fees for kids!

No Run, Just Fun - Fun Fest Only

- 13 and up -- \$10
- 12 and under -- \$5

Fun Fest and ½ Mile Run or Wacky Run

- 13 and up -- \$10
- 12 and under -- \$5

5K Run & Fun Fest by October 21, 2011

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Pick up runner bibs and packets on race day from 8:00am to 9:00am at the park.