



## **2<sup>nd</sup> annual Rock The Creek 5k**

**Benefiting the National Road Racing League**

**When:** 10/15/11 (Saturday), race starts at 8:00am

**Where:** Rock Creek Park @ William Fitzgerald Tennis Center

**Registration (\$25):** [www.DCRunningCoach.com/5k.html](http://www.DCRunningCoach.com/5k.html)

- \*There is **no** race day registration; all participants must register before 10/15
- \*Event is limited to 500 participants
- \*All runners and walkers are welcome, however, due to safety concerns in sharing the course with cyclists and other exercisers, no baby strollers, dogs, or headphones are allowed in the event

**Course Map:** [www.DCRunningCoach.com/5k.html](http://www.DCRunningCoach.com/5k.html)

**Packet Pickup** (2 options):

- 1) Friday, 10/14 from 5:00pm – 8:00pm at Potomac River Running in Cleveland Park  
3513 Connecticut Ave., NW – adjacent to the Cleveland Park Metro
- 2) Saturday, 10/15 at race site from 7:00am – 7:50am

**Amenities for all participants:**

- \*Light refreshments will be available after the race
- \*Event photos will be posted to the race website
- \*Post-race injury screenings and massage from Sport & Spinal Physical Therapy
- \*Coupon for Potomac River Running
- \*Coupon for Whiney Maymon Massage Therapy
- \*Coupon for free Mobility Assessment Screening from Evolution Personal Training
- \*Free one-day pass to VIDA Fitness (U St. location)
- \*Track bags (run gear bags) given out at packet pickup
- \*Race T-shirts (sizes can only be guaranteed to those registered by 9/27)

**Team Competition:** male, female or coed; unlimited entries per team; top 4 runners count for scoring; based on finishing place. Coed teams can be any mix of genders.

**Awards:**

- \*Overall winners receive \$50 & one-month membership to VIDA Fitness (U St. location)
- \*Age group winners (every ten years) receive one-month membership to VIDA Fitness
- \*Winning teams receive \$50 gift certificate to one of the following:
  - Kramerbooks Afterwords Café & Grill (Dupont)
  - Medium Rare (Cleveland Park)
  - Delia's Brick Oven Pizza (Alexandria)
- \*Winning teams receive 50% off registration for the 2012 National Road Racing League

**Raffle Prizes:** (must be present to be eligible)

- \*Training session with Dr. Glodzick of Washington Sports & Injury Performance Clinic
- \*\$25 gift certificates to Potomac River Running
- \*Video Run Analysis from Sport and Spinal Physical Therapy
- \*3 bottles of vodka and drinking glasses from Number Nine bar & lounge

**Directions & Parking:** 1600 Kennedy St., NW, Washington, DC 20011

Beach Dr is closed to traffic on weekends south of Joyce Rd & Ross Dr. Morrow Rd will be open until 7:45am. You may use Colorado Ave (from 16<sup>th</sup> St) to park at Grove 24/ Tennis Center.

**Volunteers needed! To volunteer, or for other questions, contact:**

[mike@DCRunningCoach.com](mailto:mike@DCRunningCoach.com) or [Jack@Evolution-DC.com](mailto:Jack@Evolution-DC.com)

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