

RAM Pace 5K and family fun run
November 21, 2009
Race benefits journalism students at
Rockville High School



RAM Pace 5K
A race experience like no other!
Open to all ages
Overall 1st, 2nd, 3rd place prize
for male and female racers!



Register online at https://www.active.com/event_detail.cfm?event_id=1763623
or mail your entry to RHS 5K
2100 Baltimore Road, Rockville
MD 20851 Make check payable to RHS

Registration cost is \$20.00 before November 18, \$30.00 on November 19, 20, and 21
Packet pick-up at Rockville High School main entrance Nov. 20 from 7:00 a.m. to 7:30 p.m.
No packet pick-up the morning of the race
All registrations before November 18 includes a long sleeve race day t-shirt.
No t-shirts will be available for registrations after November 18

Family fun run starts at
8:00 a.m. 5K starts at 8:30 a.m.
Rain or Shine

Get a "high-five" from the school mascot at various spots throughout the race
Hear your name as you cross the finish line! Postings of official time on our website!
Enjoy a pre-Thanksgiving run, lots of spirit! Let the RHS music department serenade you as you run the 5K, get an injection of adrenalin as the school cheerleaders encourage you throughout the race.