



MONTGOMERY COUNTY FIRE AND RESCUE SERVICE
MONTGOMERY COUNTY, MD.

INFORMATION BULLETIN

NUMBER: 08-05

February 15, 2008

SUBJECT: Pike's Peek 10k Run Challenge

The Annual Pike's Peek 10K Run will be held Sunday, April 27th 2008, starting at 0800, which is a C Shift. The Run starts at the Shady Grove Metro and proceeds downhill for 6.2 miles to White Flint Mall. This is a great race for first-time runners and is typically the best-attended MCFRS race. After the race, participants can enjoy the fabulous post race festival in the front parking lot of White Flint Mall, with music and lots of food.

As we continue to embrace our Wellness-Fitness Initiative, I challenge all members of the Service to participate in this event and other fitness activities. We encourage you to form teams by shift, station, LFRD, recruit class, specialty team, and groups of friends. We will start together for a visual impact, but everyone will finish at his/her own pace. A special MCFRS Wellness tee shirt will be provided to all Service members who participate in the run. You will also be issued the Montgomery County Road Runners Club (MCRRC) Pike's Peek Race tee shirt.

Personnel must register on-line at www.mcrrc.org/pikespeek/. You **must also** email FF William F. Porter at william.porter@montgomerycountymd.gov. The Duty Operations Chief(s) will coordinate on-duty personnel and apparatus details if you are scheduled to work on race day and want to participate in the run. On-duty personnel and apparatus detail requests must be forwarded through the appropriate chain of command to the Duty Operations Chief for review and approval **by April 13, 2008.**

Challenge: Pike's Peek 10K Run Sunday, April 27th 2008, C Shift

Issued by: Division Chief Richard Bowers