



MONTGOMERY COUNTY FIRE AND RESCUE SERVICE  
MONTGOMERY COUNTY, MD.

## INFORMATION BULLETIN

**NUMBER: 09-04**

**DATE: March 18, 2009**

**SUBJECT: Pike's Peek 10k Run Challenge**

The annual Pike's Peek 10K run will be held on Sunday, April 26, 2009 starting at 0800. The run begins at the Shady Grove Metro and finishes at White Flint Mall. This is a great race for new runners and is typically the best-attended MCFRS race. There will be a post-race festival in the front parking lot of White Flint Mall with music and plenty of food.

As we continue to embrace our Wellness-Fitness Initiative, I challenge you to prepare for and participate in this event. Formation of teams for the race is encouraged. Teams can be done by shift, station, LFRD, recruit class, etc. Participating personnel will start the run together in order to make a positive public impression, but thereafter will complete the run at their own pace. In addition, it is requested that all MCFRS runners wear issued PT attire to maintain uniformity. All registered runners will receive a Montgomery County Road Runners Club Pike's Peek race tee shirt.

Sign up for the race on-line at [www.pikespeek10k.com](http://www.pikespeek10k.com) . Participating personnel scheduled to work on the day of the race should email MFF William Porter at [william.porter@montgomerycountymd.gov](mailto:william.porter@montgomerycountymd.gov) no later than April 12, 2009. Every effort will be made to allow on-duty personnel to participate in the race.

Issued by: Division Chief David Steckel  
Questions: Master Firefighter William Porter