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FOR IMMEDIATE RELEASE  
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## **Suds & Soles 5K to Feature Run, Fun and Beer**

*Early Registration is Through May 31*

Rockville, Maryland, May 20 - The Montgomery County Road Runners Club (MCRRC) is teaming up with the City of Rockville to present a fun, new 5K.

The Suds & Soles 5K will be run at 7 p.m. on Saturday, June 25 on a flat, fast course, that begins in Rockville Town Center and is followed by a post-race party featuring music by Driven to Clarity and tastings (for those 21 and older) of some great beer from 7 Locks Brewing in Rockville and Wareadaca Brewing Company in Gaithersburg. Runners will take home a commemorative beer mug from this inaugural event.

The 5K, which is open to all ages, begins and ends at Courthouse Square and winds through Town Center and neighborhood roads. Awards will go to the top male and female finishers in the open and masters divisions. A KidZone will feature activities, including a short fun run for children 10 and under.

Registration for the 5K is \$35 for adults, \$20 for ages 10-20, and \$15 for kids under 10, through May 31. After May 31, registration increases to \$40 (adults), \$25 (ages 10-20) and \$20 (kids under 10). KidZone registration is \$10 for ages 5-10. Kids under 5 are free, but registration is requested. Additional fees may apply for registration after 6 p.m. on race day. There are no refunds.

Proceeds benefit the Rockville Recreation Fund, through the Rockville Recreation and Parks Foundation, Inc., and MCRRC's youth and beginning running programs. Learn more about the Rockville Recreation Fund at [www.rockvillemd.gov/recreation/financialassistance](http://www.rockvillemd.gov/recreation/financialassistance).

Learn more and find volunteer and sponsorship opportunities at [www.rockvillemd.gov/sudsandsoles](http://www.rockvillemd.gov/sudsandsoles).

## About the City of Rockville

*Rockville is considered one of the nation's leading small cities. Rockville reveres its roots, its commitment to citizen-centric public service, to the environment and to the connection of neighborhoods and residents. Rockville is a 13-square-mile city that is home to more than 62,000 residents, located less than 15 miles northwest of Washington, D.C., and is frequently recognized as one of the best places to live in the nation.*

To keep up with City of Rockville information, subscribe for e-mail updates, follow us on Twitter or like us on Facebook, go to [www.rockvillemd.gov/connections](http://www.rockvillemd.gov/connections).

