



Suds & Soles Team Competition

Suds & Soles is an exciting 5K Race produced in partnership by the Montgomery County Road Runners Club and the City of Rockville. Scheduled for Saturday, June 23rd at 7:30pm, Suds & Soles will feature a post-race after party in Rockville Town Center. Proceeds from Suds & Soles will benefit the Rockville Recreation and Parks Foundation Inc benefitting the Rockville Recreation Fund, and Youth and Beginning Running Programs of Montgomery County Road Runners Club.

Suds & Soles attracted 1000 runners in 2016 and 2017 and this year we are adding a team competition. Teams of 5-7 runners may compete in either a running club/non-profit division or in a corporate division. Teams will be eligible for special perks and also compete for bragging rights for both the fastest and most spirited teams. Team registration fees will go the Rockville Recreation and Parks Foundation which works to ensure that recreation programs in Rockville, including summer camp and playground programs are affordable to all with scholarships and direct program support.

Team Criteria

- 5 – 7 Runners per team
- Must have 2 women per team
- Running Club/Non-Profit Division- \$25 Team Registration Fee
- Corporate Division - \$100 Team Registration Fee
- All individual team members must register for the race and pay the appropriate individual fee
- Team Captain must register themselves and the team together, then other team members may join the team during the individual registration process



Team Perks

- Team Photo Ops
- Extra Beer Tickets
- Access to Team Packet Pick Up and Meet Up Area
- Prizes for the fastest and most spirited teams in each division

Creating a team to join the fun at Suds & Soles is a great way to further our support for the those in need right here in Rockville. For more information, or to inquire about sponsorship opportunities, please email sudsandsoles@mcrrc.org.

Thank you for your support of Suds and Soles!