

**TAKOMA PARK  
SAFE ROUTES TO SCHOOL  
5K CHALLENGE  
TKPK5K**

**PLANNING HANDBOOK**

Updated March, 2024

## **RACE DATE**

The TKPK5K race is held on the first Sunday in May. If that Sunday is during Spring Break then race should be held the 2<sup>nd</sup> Sunday in May. It includes a timed 5K Run, an untimed 5K walk, a timed 1 Mile run/walk, and an untimed ¼ mile run for those 8 and under.

The race is held rain or shine, start times may be delayed due to thunder and lightning. No skates, bikes, pets or headphones are allowed at the race. Strollers are allowed in the back of the 2<sup>nd</sup> wave of runners.

## **COURSE**

The 5K Course begins at the corner of Maple Ave and Grant Ave, going NE on Maple Ave. At Sligo Creek Parkway, it turns right and continues until just past the Carroll Avenue underpass. There it makes a U-turn, heading back past Maple Ave, onto Sligo Creek Parkway to Piney Branch Rd. It makes a second U-turn, turns right on Maple Ave, and finishes at the Community Center.

The Fun Run course follows Maple Avenue to the Stop sign adjacent to the entrance to Washington Adventist Hospital and back to the Community Center.

The ¼ mile Youth Run will take place close to the Community Center for optimum cheering.

### **Measurement Certification:**

The 5K course was officially measured in 2011 and certified by the USATF at a cost of \$400.00. The certification expires in December, 2021. It was re-measured in 2016 to allow more room in the starting corral. This certificate expires in 2026.

### **Permits, Notifications and Road Closures:**

A Montgomery Parks Special Events Request Form, found at [www.parkpermits.org](http://www.parkpermits.org), must be filled out and submitted before December 1 of the preceding year. A certificate of insurance is required. In the past, this was provided by the City.

Permission to close Sligo Creek Parkway early must be addressed in advance with MNCPPC and the Park Police and coordinated with Takoma Park Police. Notify Montgomery County Command Center, at 6:00 am on race morning, 240 683- 6520.

Permission to close Maple Avenue must be addressed to the Takoma Park Police Department. In the past, TPPD and the Crossing Guards provided support on the course on race day. The coordinator requested Takoma Park Public Works to post no parking signs along race route and provide cones and barricades. This was coordinated with the TPPD.

Notify **Ride On** of road closure two weeks ahead.

Road Closures on Race Day include Maple Avenue between Philadelphia Avenue and Sligo Creek Parkway from 7:00 am to 10:30 am; Sligo Creek Parkway will close at 8:00 am instead of 9:00 am.

A Notice to Residents outlining road closures and parking restrictions (in three languages -- attached) is distributed one week prior to race day to all residents living along the race course. Community announcements are sent out electronically by the Takoma Park Police Department and a notice is placed in the Takoma Park newsletter in advance of the race.

### **ACTION PLAN/TIMELINE**

The action plan is created at the beginning of each race cycle. This includes all race tasks, deadlines and responsibility assignments.

### **BUDGET**

The race budget is assembled at the beginning of the race cycle (usually September) based on the previous year's information and yearly race goals.

Costs include such items as:

- Race management fees, including Race Director.
- Marketing materials such as banners, flyers, registration forms, etc.
- Permits
- T-shirts / ribbons / medals
- Refreshments
- Other miscellaneous items (safety pins, etc.)

Income includes:

- Sponsorships (local and national businesses)
- Grants, Business Incentive Programs – dine out percentage nights, etc.
- Race Registration
- Individual donations

All proceeds minus race expenses were divided evenly among participating school PTA's. The City of Takoma Park and Takoma Park Safe Routes to School did not benefit financially.

Item	Vendor	Estimated Cost	Notes
T-Shirts (1501 count)	DC Shirt & Print Company	\$ 7,224.80	Based on 2019 race receipts
Race Management Software	RaceWire/RunSignUp/Stack	1456.37	Based on 2018 race receipts
Promotional Signage	Next Day Sign Express of Bethesda	1485.00	Based on 2018 race receipts
Race Refreshments	CVS/Costco/Middle East Cuisine	517.34	Based on 2019 race receipts
Awards/Trophies	Crown Awards, Inc.	424.36	Based on 2018 race receipts
M-NCPPC Permitting Fee	M-NCPPC	285.00	Based on 2019 race receipts
Live Music	DJ	250.00	Based on 2019 race receipts
Paper Cups	Webrestaurant Store	189.22	Based on 2018 race receipts
Website	Squarespace	144.00	Based on 2019 race receipts
Unknown	Oracle Corporation	138.00	Based on 2019 race receipts
<b>TOTAL EXPENDITURES</b>		<b>\$12,144.09</b>	

## **FUNDRAISING / SPONSORSHIP**

Beginning in November, members begin reaching out to local and national businesses for sponsorship of the race. The general goal is to raise cash or in-kind donations (food, drink, shirts, etc.). Gift cards or other in-kind donations are used to encourage early registration.

Sponsorship letter and levels are developed in October and November so that they can be used to solicit donations. Committee members all participate in raising funds but there is generally a main coordinator for all fundraising efforts.

Committee members are encouraged to go to their local PTA to solicit help with fundraising and grant identification and writing. The more people involved the better chance the race has of raising funds that benefit each of the schools. Also, some PTA members may be aware of fundraising opportunities through work or personal connections.

## **WEBSITE, Facebook Page, Twitter**

The 5K race committee is responsible for maintaining a race website. It contains information about the race, sponsors and registration. facebook/tkpk5k, twitter/tkpk5k

## **REGISTRATION**

### **MANAGEMENT:**

Race Management is provided by Run SignUp. They are responsible for the online registration platform and connecting us to a race timer.

### **WAYS TO REGISTER:**

There are several ways to register for the race.

1. Online registration
2. Paper registration
3. In-person (day before race and on race day)

## **REGISTRATION FORM:**

The registration form should include the following:

- Name
- Address (including City, State and Zip)
- Gender
- Date of Birth
- Phone
- Email address (this is how we communicate with participants so it is highly encouraged)
- Liability waiver, signature and date

And the following options:

- How did you learn about this event?
- School Affiliation
- Prices for each category and t-shirt size

## **ONLINE REGISTRATION:**

Online registration is available. The City set up a link on the City website to the online service (Run SignUp). Registration text and functionality must be tested by a committee member prior to registration going live. This should be done in December so that registration can open early January. The committee will also need to put a contact on the registration page for people with questions. Online registration is available until 3 days prior to the race (ends Thursday morning at 7am).

## **COSTS:**

Early bird costs are used to encourage early registration. Generally, the early bird prices are effective until about 2-3 weeks before the race. The race committee will decide this before registration begins.

2019 Prices:

5K Adults: \$30/\$25 before April 18

5K 18 and under: \$20/\$15 before April 18

1M Fun Run any age: \$15/\$15 before April 18

¼ M Run 8 and under only: \$10/\$10 before April 18

Race Supporter T-shirt only: \$20

Race prices include a t-shirt for every participant. Anyone who uses early bird registration is guaranteed to receive a t-shirt in the size they indicated when they registered.

Only checks and cash are accepted for mail registration forms and in-person registration. Subsidies for low-income families/students are handles by individual PTA's at each school.

### **REGISTRATION NUMBERS:**

In 2014, we had 1,250 participants. In 2015, we had 1,357 participants. In 2016 - 1,400, 2017 – 1,553, 2018 – 1,300, 2019 – 1500. During the pandemic, the race was virtual and registration was much lower.

### **REGISTRATION PACKETS:**

Every participant receives a registration packet before the race. They can be picked up on Saturday before the race between 2pm and 6pm at the Takoma Park Community Center or on Race Day beginning at 7am in the Community Center.

The packet contains a t-shirt, bib, safety pins, and any other appropriate promotional literature.

Bibs are arranged by number so that they are easy to find. Packets for school running club members can be set aside or they can be included in the general packet organization.

Packets will be assembled as people pick up and register.

### **Registration Procedure**

Register new runners

1. **Complete form.** MUST have full name, age, gender, phone number or email and must be signed [ONE FORM FOR EACH PARTICIPANT]

2. **Pay for race.** Indicate how participant may pay for race. If check, write check number and if cash write CASH. If there are options for payment with credit cards, include that information.

Event	Amount
5K ADULT runners/walkers	\$30
5K KID/TEEN runners/walkers	\$20
1 Mile (any age)	\$15
¼ Mile (8 and under)	\$10
Race supporter (nonparticipant)	\$20

1. **Review form.** Check form for completeness - MUST have full name, gender, age, phone number or email and be signed at bottom. If the form is complete, please place a check mark in top right-hand corner under payment information.  
[ON SUNDAY, VOLUNTEER TAKES COMPLETED REGISTRATION FORMS TO TIMING TENT TO BE ENTERED INTO OFFICIAL RACE RESULTS.]
2. **Assign Bib Number.** Distribute bibs sequentially depending on race.
  1. Give 5K runners and 1-mile participants TAGGED bibs.
  2. Give 5K walkers and ¼ mile participants UNTAGGED bibs.
  3. Record bib # on registration form
  4. Record name, gender, and age on bib (time permitting)
  5. Give safety pins and remind them bib goes on front of shirt
3. **Distribute t-shirt.**
4. **Give race times and locations.**

Event	Line-up	Start	Location
5K run/walk	7:45 am	8:00	Maple and Grant
1 mile	8:45 am	9:00	
¼ mile fun run	9:10 am	9:15	In front of community center

5. **Data enter.** Enter all needed information into spreadsheet.

**Packet Pick-up (pre-registered participants)**

1. Bibs. In numerical order. Bib lookup can be set up on ipads.



2. T-shirts. Boxes behind table. If they don't know their size, check the registration list.
3. Safety pins. On the table.
4. Registration forms. If a form was received and not signed, signature is needed. Their registration form is attached to their bib. Have them sign the form and then keep the form at the table and give the rest of the packet to them.
5. Provide instructions. Give race times, parking information, and answer any other questions.

### **Additional Race Information**

#### **Race Times:**

<b>Event</b>	<b>Line-up</b>	<b>Start</b>	<b>Location</b>
<b>5K run/walk</b>	7:45 am	8:00	Maple and Grant
<b>1 mile</b>	8:45 am	9:00	
<b>¼ mile fun run</b>	9:10 am	9:15	In front of community center

**DJ – TKPK5K hires a DJ for race day.**

#### **Parking:**

Park off Darwin Avenue at Ed Wilhelm Field or at the Takoma Park Middle School. There will be no parking on Maple Avenue on the morning of the race.

#### **Prizes:**

5K: Top male and female, top boy and girl 15-18, top boy and girl 11-14, top boy and girl 10 and under

1 Mile: top boy and girl 11-14, top boy and girl 7-11, top boy and girl 6 and under

## **PROCUREMENT**

### **REFRESHMENTS:**

Refreshments are provided on race day. In the past this has included fruit, juice, water, bagels, muffins, donuts, and granola bars. Supermarkets have provided in-kind donations in past years. They have provided apples, bananas, granola bars and juice. Any remaining food items that are needed will be purchased from race funds.

Also needed are plastic gloves for handling food, trays for food, cups for juice, napkins and plates to hold food, tongs and other serving utensils.

All food should be picked up and purchased Friday or Saturday before Race Day. Volunteers are needed to procure food and to serve and organize food on race day.

### **WATER:**

Water must be provided at two stops along the course. Individual water bottles cannot be used. Water fountain should be set up at the Sponsor Fair. The 2<sup>nd</sup> water stop should be at the corner of Maple and Sligo Creek Parkway. Cups and gallon jugs will be provided. Volunteers are needed to hand out water and pick up trash at the water stops. This is a great task for a parent and few older kids.

All materials at the water stops should be in place 30 minutes prior to the start of the 5K to assure that they are prepared for all racers. They should be manned through all races and then should be cleaned up after.

### **BIBS:**

Bibs with internal chip are provided by Run Sign Up.

## **T-SHIRTS:**

### **Participants**

Every participant receives a t-shirt in their race packet. If they register during early bird registration then they are guaranteed their size but if they register after they will pick from what is available.

### **Volunteers**

Volunteers are encouraged to wear their orange volunteer t-shirt at all events over race weekend. This is to help distinguish them from participants. They are asked to keep the same shirt to wear year to year.

### **Ordering**

We order t-shirts from DC Shirt & Print. They were 100% cotton in white with color ink. Using white ink is more expensive. He is local and delivers which makes it very easy.

### **T-Shirt Specifications:**

We ordered Gildan 6.1 oz 100% S/s cotton t-shirts. Lettering depends on color of shirt and preference of the committee.

The shirts have the 5K race logo on the front. Participants t-shirts have all the sponsors on the back and volunteers have the word "VOLUNTEER" on the back.

### **Logos**

We are responsible for gathering and submitting logos of sponsors to the t-shirt place. They generally need everything about 3 weeks prior to the race. Logos should be in pdf, jpeg, tiff and if necessary word format will work but it won't print very clearly. Logos should not contain much small text as they will not show up well on the t-shirt. Try to send them all at once and provide a rough idea for how they are to be arranged.

## **RIBBONS:**

Ribbons were purchased for every person under 18 who participated in any of the 3 races. Ribbons were ordered from Max Medals. The 2 x 6 size was ordered. The cost was \$0.26 per ribbon with a \$40 set-up fee. Should be ordered by the middle to end of March to receive them on time.

## **MEDALS:**

Medals are given to the top male and female in each category below:

5K:

- Top overall male and female

- Top male and female 18 to 15
- Top male and female 11-14
- Top male and female under 10

#### 1Mile:

- Top boy and girl 11-14
- Top boy and girl 7-11
- Top boy and girl 6 and under.

Medals were purchased from Crown Awards. We order 1 ¾ inch medals. They are engraved on the back with “Takoma Park 5K”. Enough for several years were purchased in 2018. They should be ordered by the middle of March to ensure they arrive on time.

#### **OTHER:**

- Barricades are needed to line the edges of the course so that spectators know where to stand.
- Paper ribbon is needed for the ¼ mile so that kids can run through it as they finish
- Safety pins – Get 4 per expected participant from Amato Industries on Brookville Road, Silver Spring, Md.

### **VOLUNTEERS**

- Liaison with City / PTA’s / Other (race director) – Get certificate of insurance, MOU, permits, First Aid, RideOn, Letters to each person on course route
- Sponsorship / Fundraising – Sponsor letter, Sponsor levels, Recruiting Plan, Thank You letters
- Registration – Form and Information sheet, RaceWire, data entry
- Procurement – T-shirts, medals, ribbons, bibs
- Refreshments
- Volunteers – Recruiting and placement
- Budget
- Promotion / Marketing – Post to school list serves, distribute posters, put in newsletter and other area newspapers, post in Runner’s World
- Publicity- Press Release

- Social Media

### **Other Volunteer Activities:**

- Put banner up on Philadelphia and Piney Branch – Put up as soon as registration opens
- Safety pin pick-up – Pick up enough safety pins for 4 per registrant
- Deliver notices to residents of Maple and Sligo – Week before deliver printed notices to each resident along Maple and Sligo so that they are aware of the race and the parking situation
- Move banner to community center on Saturday packet pick-up
- Saturday packet pick-up and registration (See Registration section for more details). Arrive at 1:30 pm. Need about 8 people plus race committee members.
- Saturday food pick-up – Go to various stores and pick up refreshments
- Saturday errand pick-up – Pick up remaining needed items
- Race Day Set-up – Arrive at 6am and help set up for race – Need about 6-8 people total.
- Race Day Registration and Packet Pick Up – Arrive at 6:30 am and help with registration and PPU. Need about 7 people.
- Information/Volunteer Table – Arrive at 6:30 and answer questions and give out volunteer assignments. One person needed.
- Refreshments – Arrive at 6:30 and tend to the refreshment table. Keep food available and make sure cups are filled with juice. Need about 4-5 people total.
- Water Station – Arrive at 6:45. Make sure water is in cups, hand out to racers, cheer for participants as they pass, and clean up after. Need about 4 people.
- First Aid – Arrive around 7am and need 1-2 people. Usually WAH provides people.
- Photographer – Arrive at 7am and take pictures of race from all perspectives. Try to get one volunteer from each school.
- Course Marshals – Arrive at 7:15 and cheer and supervise race. Help participants along the course if needed. Need 5-8 people.
- Start/Finish Line – Arrive at 7:15am. Help MCRRC prepare start and finish line. Announce runners at the finish line. Need 2-3.

- Fun Run / Youth Run – Arrive at 8am and set up course for 1 M and ¼ M and help as needed to prepare start and finish of these two races. Need 2-3 for each race.
- Post-Race Clean-up – Arrive at 9:30 and help with clean-up. Need AMAP.

### **Detailed Description of Race Day Volunteers:**

#### **REFRESHMENTS**

LOCATION: Along the front sidewalk on the right side as you face the community center. Extra food is being stored in the kitchen in the Community Center.

Set up refreshments for post-race activities and maintain order during post-race. There is a separate water table closer to Piney Branch ES.

Help with clean-up after the race.

#### **WATER STOPS**

LOCATIONS: At the intersection of Maple and Sligo Creek Pkwy, refreshments table, finish line. Because of the way the course is outlined runners in the 5K will have 3 chances to get water.

Keep water cups filled and available for runners as they pass. You may consider handing them out directly to runners. Keep station clean as runners drink and drop their cups. Remember to CHEER as people pass.

Finally, keep a look out for anyone in distress and let the race director know.

#### **COURSE MARSHAL**

Your job is to watch the participants as they pass your station, answer questions and help anyone in distress. Please contact the organizer or Takoma Park Police immediately if you need help.

You will also be responsible for making sure that all runners are accounted for. Once running starts slowing down and you stop seeing people come by your station, contact head course marshal to let to decide whether it is time to come in. **Identify LAST RUNNER.**

You will need to wear your volunteer shirt so that runners can see you.

\*\*\*If you need police or ambulance – Call 911

## **PHOTOGRAPHER**

Take pictures of the race. Try to get a picture of every runner as they finish the 5K and the mile. Take many action shots and be sure to get shots of full race activity.

## **5K START / FINISH**

Announce participants as they come in after the race and cheer on all racers. Assist with handing out ribbons to kids.

## **1 MILE START / FINISH**

Assist Committee Member with corralling participants, starting and finishing the races and handing out ribbons to all kids.

## **¼ MILE START / FINISH**

Assist Committee Member with corralling participants, starting and finishing the races and handing out ribbons to all kids.

## **RACE DAY SCHEDULE OF EVENTS**

6:00	Committee arrives to set-up Call Montgomery County Command Center, 240-683-6520
7:00	Registration opens Packet pick-up opens
7:45	Remarks Warm-up

8:00	Run starts Walk starts Refreshments open
9:00	1 Mile start
9:15	¼ mile start
~ 10:00	Final remarks and awards announcements Clean up!

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**City of Takoma Park  
RACE COMMITTEE**

When the City of Takoma Park managed the race, the City established a Race Committee consisting of the Safe Routes to School Coordinator and a PTA representative from each of the participating schools: East Silver Spring Elementary School, Rolling Terrace Elementary School, Piney Branch Elementary School, Takoma Park Elementary School and Takoma Park Middle School. This section details the way in which that arrangement worked.

A Memorandum of Understanding outlined the terms of the relationship between the City of Takoma Park and the Parent Teacher Associations at the schools.

**MEETINGS**

Committee meetings were held for representatives from each of the participating schools along with the race coordinator. These meetings typically occur once a month through March and twice a month in April. Meeting notes are kept and distributed to committee members. The race action plan is used to guide the meetings.

**PTA RESPONSIBILITIES**

Safe Routes to School provides each PTA with an MOU (Memorandum of Understanding). This outlines the responsibilities and benefits for each school and their PTA along with the race committee. The net proceeds of the race were distributed to the five participating PTAs.



In short, each PTA must have a representative at their school whose job it is to volunteer to organize and manage the race, solicit sponsors and volunteers for the race, and arrange for a walking/running program at the school to encourage walking as a healthy lifestyle choice.

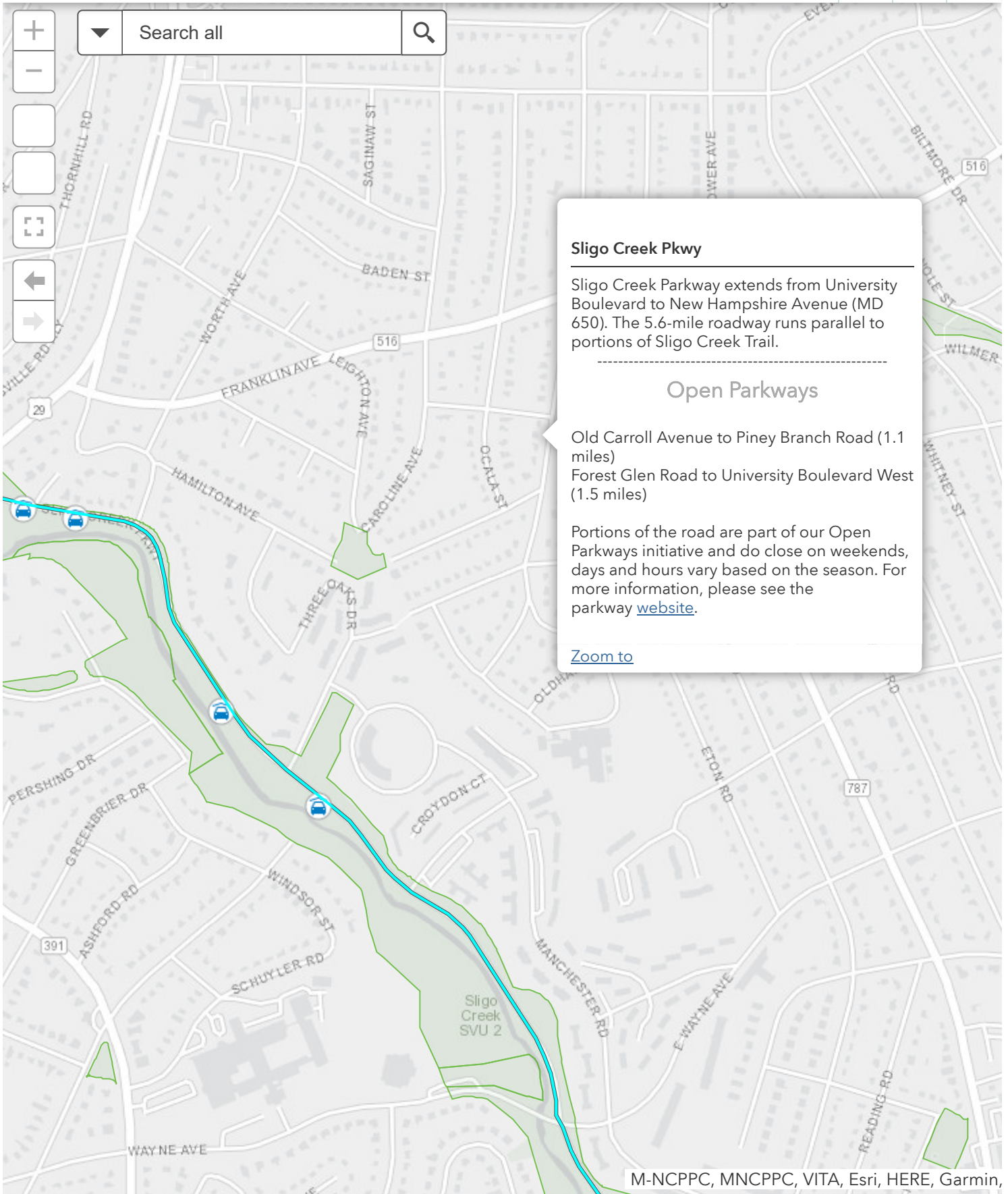
It is recommended that every school have at least 2 people on the Safe Routes to School 5K committee so that one person can be the point person on the organizing portion of the 5K and one person can coordinate the walking/running program at the school.

### **Running / Walking Club:**

Each school participating in the 5K should have a club centered around running or walking to prepare for the race.

Some items to consider when setting up a club:

- How many kids can be served?
- Should different ages meet on different days?
- How many parents are needed?
- What is the course? Look at distance and safety of course.
- Will you need extra security if running / walking off-site?
- What about First Aid?
- Do you need/want refreshments or water?
- What about appropriate footwear?
- Parents generally need to sign a liability waiver to comply with school insurance policies.
- What will you charge for the club and will race registration costs be included?
- What to do if there is inclement weather?
- How to incorporate pedestrian safety lessons.



M-NCPPC, MNCPPC, VITA, Esri, HERE, Garmin,

600ft

-77.004 39.004 Degrees

# Takoma Park 5K Challenge

## Takoma Park, Maryland

USATF Certification Number: MD16002JS – Effective 3/20/2016 to 12/31/2026

**Start:** On Maple Ave. going north at the intersection with Grant Ave.. Even with the north side of the crosswalk on the north side of Grant Ave.

**Turn:** On Sligo Creek Parkway. Approx. 180 ft. south of the south side of the Carroll Avenue bridge. 107 ft. south of the yellow steel posts used to close the road to traffic. 51 ft. north of the center of Old Carroll Avenue.

**1 Mile:** On the center of the Maple Ave. Bridge going over Sligo Creek. 28 ft. south of the stop sign on the north end of the bridge.

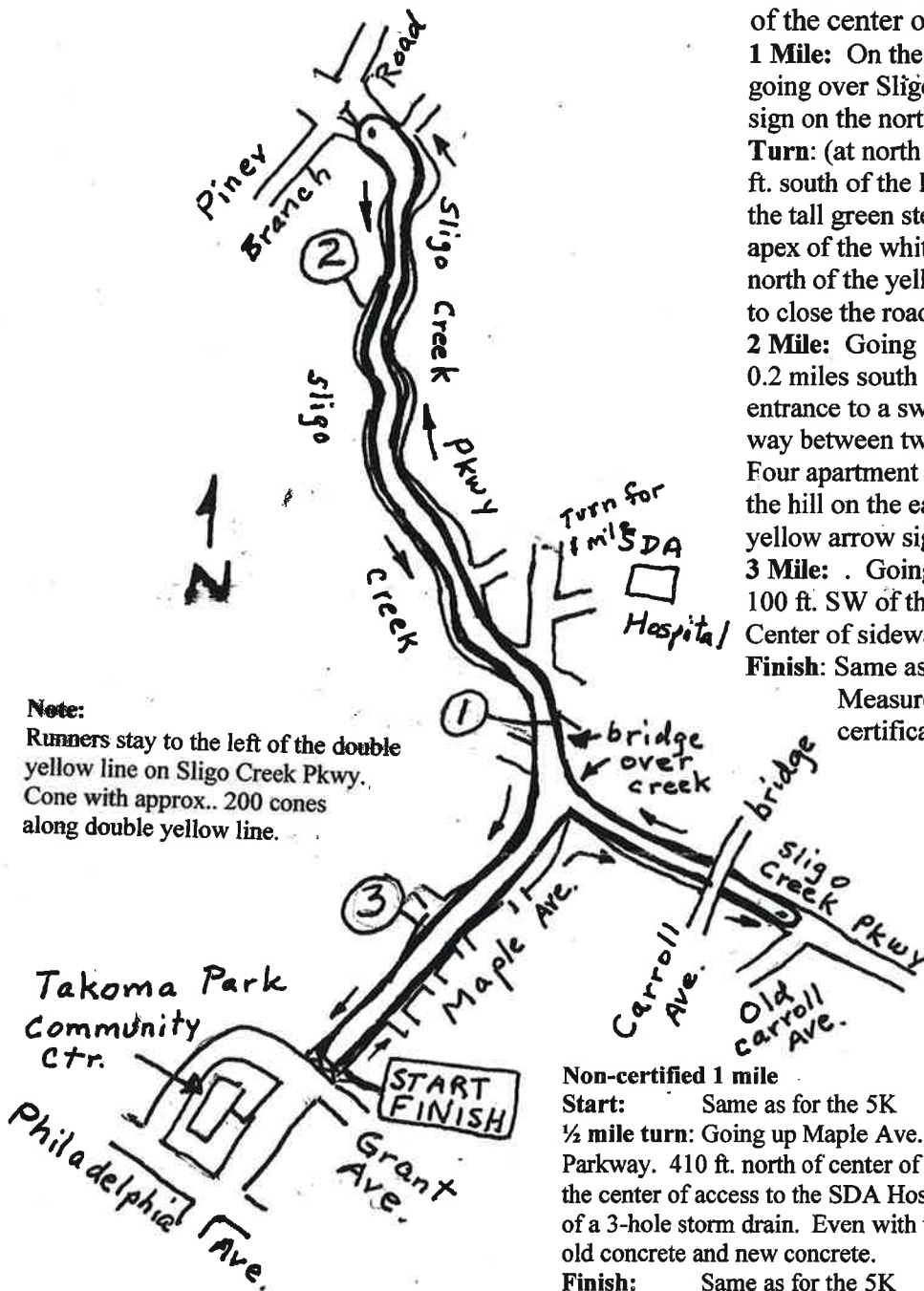
**Turn:** (at north end of Sligo Creek Parkway) 95 ft. south of the Piney Branch Road street sign on the tall green steel sign post. 9 ft. south of the apex of the white "V" stripes on the road. 31 ft. north of the yellow steel post with the swing gate to close the road.

**2 Mile:** Going south on Sligo Creek Parkway. 0.2 miles south of the north end turn. At the entrance to a sweeping left-turning curve. Half way between two foot bridges over Sligo Creek. Four apartment buildings are visible at the top of the hill on the east side of the road. Even with yellow arrow sign with two black arrows.

**3 Mile:** . Going SW on Maple Ave. Approx. 100 ft. SW of the Sherman Ave. street sign. Center of sidewalk to 7525 apartment door.

**Finish:** Same as the Start.

Measured on 3/11/2016 to USATF certification standards by J. Sissala



**Note:**  
Runners stay to the left of the double yellow line on Sligo Creek Pkwy.  
Cone with approx.. 200 cones along double yellow line.

### Non-certified 1 mile

**Start:** Same as for the 5K

**1/2 mile turn:** Going up Maple Ave. after crossing Sligo Creek Parkway. 410 ft. north of center of Sligo Creek Parkway. 190 ft north of the center of access to the SDA Hospital. 28 ft. north of the north end of a 3-hole storm drain. Even with the curb divide (in color) between old concrete and new concrete.

**Finish:** Same as for the 5K





## Takoma Park Safe Routes to School 5K Parking Restrictions, Road Closures

On Sunday, May 5, 2019, from 6:30 am until 10:30 a.m. the Takoma Park Safe Routes to School Program will hold the Takoma Park 5K road race. Maple Avenue between Philadelphia Avenue and Sligo Creek Parkway will be closed to traffic in order to conduct the race. No parking will be allowed on Maple Avenue between Philadelphia Avenue and Sligo Creek Parkway from 6:30 am to 10:30 am. The Ride On bus will be rerouted during this time. Please accept our apologies for the inconvenience and appreciation for your cooperation. For additional information visit [www.TKPK5K.com](http://www.TKPK5K.com).

El domingo 5 de mayo de 2019, desde las 6:30 a.m. hasta las 10:30 a.m., el Programa de Rutas Seguras a la Escuela de Takoma Park llevará a cabo la carrera de carretera 5K de Takoma Park. Maple Avenue entre Philadelphia Avenue y Sligo Creek Parkway estará cerrada al tráfico para poder conducir la carrera. No se permitirá el estacionamiento en Maple Avenue entre Philadelphia Avenue y Sligo Creek Parkway de 6:30 a.m. a 10:30 a.m. El autobús Ride On cambiará de ruta durante este tiempo. Acepte nuestras disculpas por las molestias y apreciamos por su cooperación. Para obtener información adicional, visite [www.TKPK5K.com](http://www.TKPK5K.com).

እሁድ, ግንቦት (ሜይ) 5, 2019, ከ 6:30 ኤ.ም እስከ 10:30 ኤ.ም ባለው ጊዜ ውስጥ ታኮማ ፓርክ ሳፍ ሎው ማሮት ፕሮግራም አመታዊ የ "ታኮማ ፓርክ አምስት ኪሎሜትር ውድድርን ያካይዳል። በሜፕል አሽኑ፡ በፊላዴልፊያ አሽኑ እና እስላጎ ክሪክ ፓርክዌይ መካከል ያለው ጎዳና ላይ ለመኖጥ ትራፊክ ይዘጋል። በ "ፊላዴልፊያ አሽኑ" እና "ስላይታ ክሪክ ፓርክዌይ" መካከል ሜፕል አሽኑ ላይ ከ 6.30 ኤ.ም እስከ 10:30 ኤ.ም ባለው ጊዜ ውስጥ በጎዳና ላይ መኪና ማቆም አይፈቀድም። የራይድ ኦን አውቶቡስ በዚህ ጊዜ ውስጥ ይመላለሳል። እባክዎ ለትብብርዎ እና መሰግናለን እና ለጉዳዩ ይቅርታ እንጠይቃለን። ለተጨማሪ መረጃ [www.TKPK5K.com](http://www.TKPK5K.com) ን ይጎብኙ።



## Takoma Park Safe Routes to School 5K Parking Restrictions, Road Closures

On Sunday, May 5, 2019, from 6:30 am until 10:30 a.m. the Takoma Park Safe Routes to School Program will hold the Takoma Park 5K road race. Maple Avenue between Philadelphia Avenue and Sligo Creek Parkway will be closed to traffic in order to conduct the race. No parking will be allowed on Maple Avenue between Philadelphia Avenue and Sligo Creek Parkway from 6:30 am to 10:30 am. The Ride On bus will be rerouted during this time. Please accept our apologies for the inconvenience and appreciation for your cooperation. For additional information visit [www.TKPK5K.com](http://www.TKPK5K.com).

El domingo 5 de mayo de 2019, desde las 6:30 a.m. hasta las 10:30 a.m., el Programa de Rutas Seguras a la Escuela de Takoma Park llevará a cabo la carrera de carretera 5K de Takoma Park. Maple Avenue entre Philadelphia Avenue y Sligo Creek Parkway estará cerrada al tráfico para poder conducir la carrera. No se permitirá el estacionamiento en Maple Avenue entre Philadelphia Avenue y Sligo Creek Parkway de 6:30 a.m. a 10:30 a.m. El autobús Ride On cambiará de ruta durante este tiempo. Acepte nuestras disculpas por las molestias y apreciamos por su cooperación. Para obtener información adicional, visite [www.TKPK5K.com](http://www.TKPK5K.com).

እሁድ, ግንቦት (ሜይ) 5, 2019, ከ 6:30 ኤ.ም እስከ 10:30 ኤ.ም ባለው ጊዜ ውስጥ ታኮማ ፓርክ ሳፍ ሎው ማሮት ፕሮግራም አመታዊ የ "ታኮማ ፓርክ አምስት ኪሎሜትር ውድድርን ያካይዳል። በሜፕል አሽኑ፡ በፊላዴልፊያ አሽኑ እና እስላጎ ክሪክ ፓርክዌይ መካከል ያለው ጎዳና ላይ ለመኖጥ ትራፊክ ይዘጋል። በ "ፊላዴልፊያ አሽኑ" እና "ስላይታ ክሪክ ፓርክዌይ" መካከል ሜፕል አሽኑ ላይ ከ 6.30 ኤ.ም እስከ 10:30 ኤ.ም ባለው ጊዜ ውስጥ በጎዳና ላይ መኪና ማቆም አይፈቀድም። የራይድ ኦን አውቶቡስ በዚህ ጊዜ ውስጥ ይመላለሳል። እባክዎ ለትብብርዎ እና መሰግናለን እና ለጉዳዩ ይቅርታ እንጠይቃለን። ለተጨማሪ መረጃ [www.TKPK5K.com](http://www.TKPK5K.com) ን ይጎብኙ።