



www.bridgetofreedomfoundation.org

Run For Freedom 5K

Saturday, April 28, 2012 – 9:00 AM
C&O Canal Towpath @ Fletcher's Cove
www.safetyandhealthfoundation.org/20120428



FOUNDATIONFITNESS
www.foundfitpt.com

Dear Athlete:

Welcome to the 2nd Annual Inaugural Run For Freedom 5K to benefit Bridge To Freedom Foundation, presented by Foundation Fitness, assisted by Safety And Health Foundation, sponsored by



With your support, **Bridge To Freedom Foundation** can continue and expand its programs to change people's lives and save people's lives,

Our small race with about 250 entrants aims to be a **high-quality, enjoyable event** for you, your family, and your friends. We are delighted by our off-road course, with no hills, no road crossings, no pavement. We hope you enjoy five kilometers (3.1 miles) on the scenic C&O Canal Towpath starting and finishing at Fletcher's Cove.

Please join us at **pre-race packet pick-up**:

- Friday, April 27, 3:00-6:00 PM, at **Georgetown Running Company**, 3401 M Street NW, Washington DC (202-337-8626)
- Saturday, April 28, 8:00-8:45 AM, on-site at Fletcher's Cove, 4940 Canal Road NW, Washington DC

We won't have much time on race morning, however, so we urge you to pick up your packet on Friday. You get a **15% discount** on all purchases on Friday, April 27, at Georgetown Running Company. At packet pick-up, get your purple **t-shirt**, your **goodie bag**, and your **bib number**. We time the race using bib numbers rather than chips, so please **do not lose your bib number or remove the bottom tag**. Another person may pick up your packet with signed letter of authorization.

Directions to Georgetown Running Company: From Virginia, cross Key Bridge, turn right onto M Street NW and find parking. Georgetown Running Company is at the northwest corner of 34th and M Streets.

Directions to Fletcher's Cove: From the east, cross Key Bridge and turn left at M Street. At Foxhall Road, M Street becomes Canal Road. Continue about 2 miles to the sign for Fletcher's Cove on the left. Beware on oncoming traffic before you turn left into Fletcher's Cove. You can park in the small lot next to the portable toilets and walk across the footbridge, or you can stay right and go through a tunnel under the C&O Canal Towpath to a parking area with 400 spaces. Packet pick-up and bag check are on picnic tables on the south (river) side of the Towpath. From the west, on eastbound Canal Road, do not attempt to back into the parking area at Fletcher's Cove. Instead, carefully turn left up Reservoir Road and turn around at the first driveway, then return down Reservoir Road and carefully cut across Canal Road into the parking area at Fletcher's Cove.

Course description: Our start / finish line is 50 meters west of the steps up to C&O Canal Towpath. Run west (upstream) toward Maryland across Aquia Limestone Bridge and under Chain Bridge. Turn around about 400 meters before Lock 5 / Milestone 5. At Aquia Limestone Bridge, you may run across either the boardwalk or the concrete spillway. C&O Canal Towpath is only 12 feet wide, so please be careful. Don't get too close to the edge of the water. From the start, the course is a straight shot 1.55 miles (2.5 kilometers) to the turnaround. The course is totally flat. With no hills, no turns, no cross streets, and a soft surface, you can focus on your running and have a really good time. Early in the day, you see other runners, cyclists, and trail users, as well as cranes and blue herons.

Please always stay to the right and be courteous to other trail users.

Weather permitting, we plan to place signs at each mile on the course.

C&O Canal Towpath has **milestones** at each mile. Fletcher's Cove is at about Mile 3.1, and you pass Milestones 4 after Aquia Limestone Bridge spillway. The turnaround is about 0.25 miles east of Milestone 5.

Bathrooms are available only at Fletcher's Cove. **Aid stations with water and Gatorade** are at the start / finish and under Chain Bridge. Parking for Chain Bridge is accessible both from eastbound (inbound) and westbound (outbound) Clara Barton Parkway (Canal Road extended).

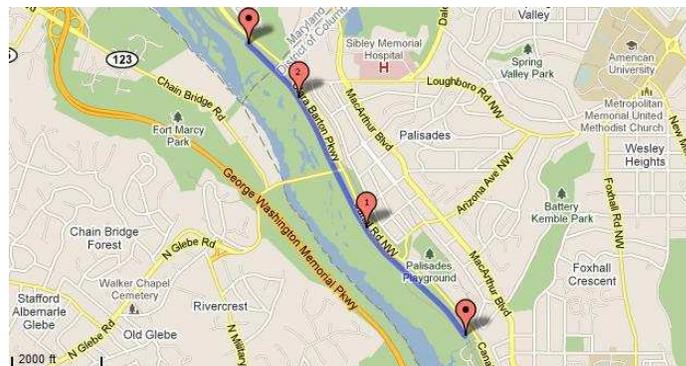
If you drop out, please go back to the start / finish or go to Chain Bridge for aid, blankets in case of cold, ice in case of heat, and transportation back to the start. We care about your safety.

Post-race events: When you finish, turn into the chute and give your bib number tear-off tag to the finish line official. For our post-race picnic, walk down the steps at Fletcher's Cove to enjoy Balducci's bananas, apples, Pirate's Booty popcorn, PopChips, Fig Newtons, Oreos, Mario's Pizza, and more. The top three male and female runners and top three by age group (19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over) win gift certificates from Georgetown Running Company. Additional random prizes include Foundation Fitness massages and a foot-high chocolate bear.

Results: We publish results on-line at www.safetyandhealthfoundation.org/20120428 by evening on race day.

Photos: Please share photos and comments via our Facebook page http://www.facebook.com/home.php?sk=group_130218510373777

Sponsors: If you or your company want to sponsor us, it's not too late! Call 202-617-5708 or write ELRUFFIN69@ME.COM



www.gmap-pedometer.com/?r=4499175

Thank you, and run in good health! Sincerely,

Elizabeth McClure

Elizabeth McClure, Race Director