



Potomac River Run Marathon

Sunday, May 6, 2012

Safety And Health Foundation
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www.SafetyAndHealthFoundation.org/marathon



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Dear Marathoner or Half-Marathoner:

Welcome to the 9th annual **Potomac River Run Marathon & Half**, presented by **Safety And Health Foundation (SHF)**, sponsored by Big Wheel Bikes, Dick's Sporting Goods, Dr. Myles Schneider, Falls Road Running Store, Georgetown Running Company, Glory Days Grill, Honest Tea, Mario's Pizza House, PowerBar, RBC Wealth Management, RedStar WorldWear, Road Runner Sports, Shoppers Food, Silver Diner, Simone Super Energy™, Spira Footwear, Sun-Rype Products, The Home Depot, and Whole Foods Market.

We thank our sponsors, our volunteers, and you -- our participants for giving our 2004-2011 races triple-five-star (top) rating on **MarathonGuide.Com** for course, organization, and fans. Our goal every year is to make Potomac River Run the happiest marathon in the world, to celebrate the first Sunday in May, **World Laughter Day**, with 26 miles of smiles ☺ on the C&O Canal Towpath, starting and finishing at Carderock Recreation Area in Maryland.

Pre-race: Packet pick-up is Saturday, May 5, 12:00-3:00 PM, at Georgetown Running Company, 3401 M Street NW, Washington DC 20007 (202-337-8626). You get a colorful tech t-shirt, the best goodie bag ever, and your bib number. We time the race using bib numbers rather than chips, so please do not lose your bib. Wear it visibly in front, and don't remove the tear-off tag until after the race. On Saturday evening, May 5, at 6:30 PM, come meet Walt Kline., H2 Kinetics LLC talking on "Skill Development for Running Your Best Marathon." Dinner tickets are \$20 at the door at Cosi Restaurant, 1801 North Lynn Street, Arlington VA, across Key Bridge from Georgetown Running Company.

Race-day: Directions: Take I-495 Capital Beltway to Exit 41 and follow the sign to Clara Barton Parkway - Carderock. One mile west of the Beltway, exit right to Carderock / NavSurfWarCen. At the top of the ramp, turn left to cross over Clara Barton Parkway, then continue straight and down through a tunnel under the Towpath. At the T-intersection, turn right toward parking. You may use any of the four parking areas on the right. [If you are a military employee, you may turn right into the main gate of NavSurfWarCen, show proper ID, and park near Building 30.]

Late packet pick-up is Sunday, May 6, 6:15-7:15 AM, at Carderock Recreation Area, off Clara Barton Parkway, one mile west of the I-495 Capital Beltway. Pre-race packet pick-up and post-race picnic are in the pavilion at the eastmost parking area on the left, near Parking Lot #4 (no signs). The start line is about 300 meters away, on the C&O Canal Towpath. Walk across the main road at Carderock, turn right, and walk up the service trail to the Towpath. The new start allows us to drive a vehicle up the service trail rather than carry heavy equipment in the dark. Please allow five minutes to walk from parking at Carderock to the start line. Portable toilets from Don's Johns and permanent toilets are next to Parking Lot #3, straight ahead and a little to the right as you drive into Carderock. Parking Lot #2 farther to the right has no bathrooms, but Parking Lot #1 farthest to the right has permanent toilets.

When you pick up your number, if you want to start at 6:30 AM, but your bib number doesn't say "6:30," please tell the registrar to correct the roster so we can make the correction. Conversely, please tell the registrar if you registered for the 6:30 AM start but decide to start at 7:30 AM instead. Both 6:30 and 7:30 start times are official and can be used Boston qualifiers. Competitive awards are reserved for 7:30 AM starters, except we present Red Star WorldWear sunglasses to the first finishers over 4:00 hours and over 5:00 hours, no matter when they started. We also have a special prize – a \$500 gift certificate from Big Wheel Bikes – for the race director's choice of most valuable volunteer or outstanding runner. The aid stations will be set up in time for the 6:30 AM start. At 6:25 AM, the Early Birds gather for the 6:30 AM start, and at 6:30 AM, off they go!

Stand-up comedian Justin Ian Daniels (Justin Schlegel) leads us in a laughing warm-up 6:45 to 7:15 AM. After a half-hour laugh-hour, head on up to the start line. At 7:20 AM, eight-time Potomac River Run Marathon finisher Michael Creadon, trumpeter in the Old Guard Fife and Drum Corps at Fort Myer, plays the National Anthem. At 7:25 AM, race director Jay Jacob Wind officially welcomes you, and at 7:30 AM, the whistle blows for the competitive start.

Course: Walk through the woods to the Towpath. The start is eastbound towards DC. The Towpath is only 12 feet wide, so please be careful. Stay away from the edge near the water. The course is out'n'back twice. From the start, the course runs 6.55 miles to the turnaround past Chain Bridge, then back to Carderock at the 13.1-mile midpoint, then do it again. Our course marshals at the turnaround and the midpoint record bib numbers on old-fashioned clipboards and report back to the finish line by cell phone, so we know who runs the whole distance.

Aid stations staffed by High Cloud Foundation, The Home Depot, DC Capital Striders, and Capital Area Runners offer water and Gatorade at Carderock; Lock 10 (1.5 miles east), at Lock 7 (3.5 miles), and at Lock 5 (5.5 miles). Spectators can watch at those locations, also at Lock 6, and Chain Bridge. The turnaround at 6.55 miles and 19.65 miles is about a quarter mile east of Chain Bridge. We have portable toilets at Locks 10, 7, and 5. Parking for the locks and Chain Bridge are accessible only from eastbound Clara Barton Parkway. At the 13.1-mile turnaround at Carderock, we offer PowerBar energy gels (caffeinated and non-caffeinated)..

The course is flat, except for slight drops under I-495 Capital Beltway and near Lock 5. Total drop is 30 feet from start to turnaround. With no hills, no turns, no cross streets, and soft surface for 26.2 miles, you can focus on running and have a really good time. The surface is rough gravel, however, so don't wear thin-soled shoes. I generally wear thick socks when I run on the Towpath. Even in early morning, you see other runners, cyclists, and trail users. Please always stay to the right and be courteous to other trail users. Weather permitting, we place mile signs on the course, limited by our permit to 8½"x11".

The Towpath has milestones at each mile. Carderock is at about Mile 10.3, so you pass Milestones 10, 9, 8, 7, 6, and 5. The turnaround is about 500 meters east of Chain Bridge, about 0.2 miles east of Milestone 4.

We care about each runner's safety. If you drop out, an aid station is always about a mile away, and all the aid stations have first-aid certified volunteers, cell phones, extra vehicles, blankets in case of cold, and ice in case of heat. We also offer a **Solar Emergency Rescue Vehicle Electric (SERVE)** to convey you to safety from any point where you stop

Post-race: Immediately after you finish the marathon – no waiting – at the finish line, we present cash awards to the top 3 males and females for \$250, \$150, and \$100, and we present gift certificates to the top 3 by 10-year age group (19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over) as soon as possible. Only 7:30 AM marathoners qualify for awards. About a week after the race, we mail any awards unclaimed on race day, along with colorful finisher certificates and printed results to everyone registered. Awards include gift certificates from Dick's Sporting Goods, Falls Road Georgetown Running Company, Glory Days Grill, Road Runner Sports, Shoppers Food, Silver Diner,

When you finish, turn left into the chute and give your tear-off tag to the finish line official. Every finisher gets a medal by Dan Kain Trophies. Grab a bottle of water donated by The Home Depot and walk the path through the woods back to Parking Area #4 and our post-race picnic. Enjoy Gatorade, Whole Foods bananas, Dunkin' Donuts bagels, Honest Tea, Mario's Pizza, SunRype dried fruit strips, and other snacks.

Our official photographer is Brightroom.com, and our album is www2.brightroom.com/98672. If you take additional photos, please share them via our Facebook page www.facebook.com/group.php?gid=53196613490

Sponsors: Please sponsor us! It's not too late! See www.safetyandhealthfoundation.org/marathon, call us at 703-927-4833 or write racedirector@att.net.

Thank you -- Run in good humor and good health!



Jay Jacob Wind, Director, Safety And Health Foundation



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Expires July 31, 2012 – cannot be used with other discounts

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