



19 1/2th annual



# POTOMAC RIVER RUN MARATHON & HALF

## Saturday, October 1, 2022

### 8:00 FULL MARATHON & 9:00 AM HALF MARATHON

The easiest marathon in America – On the historic C&O Canal Towpath -- Start & finish at Fletcher's Cove

Enter early at [www.safetyandhealthfoundation.org/marathon](http://www.safetyandhealthfoundation.org/marathon)



In Memory of Dean Shulman (1961-2012) and Wendy Martinez (1983-2018)



- In memory of Dean Shulman (1961-2012), founding director of Safety And Health Foundation. We miss him.
- In memory of Wendy Martinez (1983-2018), 81st finisher at SHF's Abebe Bikila Day Half Marathon on September 12, 2015
- Enjoy! Enjoy a lovely day on the C&O Canal Towpath! See displays about the historic C&O Canal on the course
- Course Colorful, technical grade t-shirt • Goodie bag with samples, coupons & gift certificates
- Flat - scenic - tree-lined - shady - beautiful views of Potomac River - **USATF-certified MD-09009-RT**
- Full marathon is a Boston Qualifier
- Run the full marathon, or enjoy the half marathon and cheer for the marathon finishers
- Pre-Race Packet assembly Thursday, September 29, 5:00 PM-8:00 PM, ACE Physical Therapy, 2841 Hartland Road, Falls Church VA
- Packet pick-up Friday, September 30, 12:00 noon to 5:45 PM, Pacers Running Store, 3100 Clarendon Boulevard, Arlington VA
- Race-Day Packet pick-up Saturday, October 1, 7:15 AM to 8:45 AM, at Fletcher's Cove, 4940 Canal Road NW, Washington DC
  - 7:00 AM Catch a Red Top Cab ride from Courtyard by Marriott, 1533 Clarendon Boulevard, Arlington VA (\$10)
  - 7:45 AM and 8:45 AM Official welcome and the National Anthem precede each of the starts by about 10 minutes
  - 8:00 AM - Full marathon start Full & half are qualifiers for Boston (full only), Chicago, Houston, NYC, and Olympic Trials Marathons
  - 9:00 AM - Half marathon start Medals for ALL finishers by Dan Kain Trophies
  - Aid stations at Lock 5, Lock 7, and Lock 10, assisted by Buy a Brick Foundation, DC Capital Striders, and Marathon Charity Cooperation
  - Post-race picnic: CarbBoom, Dunkin' Donuts bagels, Simone Super Energy, Trader Joe's bananas
- Awards 8:00 AM full marathon: \$250 to 1<sup>st</sup> M/F, \$150 to 2<sup>nd</sup> M/F, \$100 to 3<sup>rd</sup> M/F + SHF awards to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> 10-year age-groups M/F
- 9:00 AM half marathon: SHF awards to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> M/F overall and in 10-year age-groups
- Lodging \$169 at Crystal City Marriott Reagan National Airport, 1999 Richmond Highway, Arlington VA (703-413-5500) "SHF Marathon 2022"
- Benefits [www.BuyABrickFoundation.org](http://www.BuyABrickFoundation.org), [DC Capital Striders](http://DCCapitalStriders.org), [Marathon Charity Cooperation](http://MarathonCharityCooperation.org), [Safety And Health Foundation](http://SafetyAndHealthFoundation.org)
- Open to all 300 runners of all abilities who can run under 6 hours
- Sponsor us! **Thank you, Boom Nutrition!** • [www.safetyandhealthfoundation.org/marathon](http://www.safetyandhealthfoundation.org/marathon) or contact 703-927-4833 / [racedirector@att.net](mailto:racedirector@att.net)



PACERS RUNNING

TRADER JOE'S



Simone super one



## ACE PHYSICAL THERAPY & SPORTS MEDICINE INSTITUTE

### POTOMAC RIVER RUN MARATHON • MAIL-IN FORM

Make checks payable to SHF • 611 South Ivy Street • Arlington VA 22204

By entering this event, I agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run in competitive runs unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, CONTRACTION OF DISEASE INCLUDING COVID-19, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Safety And Health Foundation, RRCA, USATF, National Park Service, and all sponsors of this event, their directors, officers, employees, agents, representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I acknowledge that the application fee shall be non-refundable. I agree that the organizers of this event may use my name and likeness for publicity purposes.

Signature \_\_\_\_\_ (parent or guardian if under 18)

Name \_\_\_\_\_ Gender [ ] (M | F) Age on 10/01/2022 [ ] [ ]

Address \_\_\_\_\_ Birthday \_\_\_\_ - \_\_\_\_ - \_\_\_\_ (mm-dd-yyyy)

City ST ZIP \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_ T-shirt [ ] (XS | S | M | L | XL | XXL)

Best Marathon \_\_: \_\_: \_\_ Where/When? \_\_\_\_\_

Event [ ] 8:00 AM Full Marathon (with awards) [ ] 8:00 AM Half Marathon (no awards) [ ] 9:00 AM Half Marathon (with awards)

[ ] I will take Red Top Cab from Courtyard by Marriott to Fletcher's Cove leaving at 7:00 AM, returning in groups of 4 (please add \$10)

• No race-day registration, please • Save up to \$40 by registering early • Enter on-line at [www.safetyandhealthfoundation.org/marathon](http://www.safetyandhealthfoundation.org/marathon)

Enclosed is my entry fee:

[ ] \$50 now [ ] \$60 after January 1 [ ] \$70 after March 1 [ ] \$80 after May 1 [ ] \$90 after July 1 [ ] \$100 after September 1 (if we're not sold out)

[ ] Enclosed is an additional tax-deductible donation of \$ \_\_\_\_\_ to Buy a Brick Foundation (please enclose a separate check to **BABF**)

[ ] Enclosed is an additional tax-deductible donation of \$ \_\_\_\_\_ to D.C. Capital Striders (please enclose a separate check to **DCCS**)

[ ] Enclosed is an additional tax-deductible donation of \$ \_\_\_\_\_ to Marathon Charity Cooperation (please enclose a separate check to **MCC**)

[ ] Enclosed is an additional tax-deductible donation of \$ \_\_\_\_\_ to Safety And Health Foundation (please enclose a separate check to **SHF**)

[ ] Enclosed is an additional tax-deductible donation of \$ \_\_\_\_\_ to The Wendy Martinez Legacy Project (please enclose a separate check to **TWMLP**)