



Potomac River Run Marathon

Safety And Health Foundation

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Sunday, May 5, 2019 • World Laughter Day

Dear ACE Physical Therapy & Sports Medicine Institute Marathoner or Half-Marathoner:

Welcome to ACE Physical Therapy & Sports Medicine Institute 16th annual Potomac River Run Marathon & Half, presented by Safety And Health Foundation (SHF), sponsored by Big Wheel Bikes, CarbBoom! Boom Nutrition, Falls Road Running Store, Mario's Pizza House, Metro 29 Diner, Pacers Running Stores, and Trader Joe's.

*** ACE-PT says, **If it hurts, call ACE-PT first at 703-205-1233.** They will help you train and recover! ***

We thank our sponsors, our volunteers, and you -- our participants -- for rating our 2004-2018 races triple-five-star (top) on MarathonGuide.Com for course, organization, and fans. Our goal is to make Potomac River Run the happiest marathon on earth, 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 Fletcher's Cove, 4940 Canal Road NW, Washington DC.

Pre-race packet pick-up is Saturday, May 4, 3:00-5:45 PM, at Pacers Running Stores, 3100 Clarendon Boulevard, Arlington VA (703-248-6883). Get a colorful tech t-shirt, goodie bag full of stuff, and your bib number. We time the race with bibs, not chips, so please do not lose or damage your bib number. **WEAR YOUR BIB NUMBER VISIBLY ON THE FRONT OF YOUR SHIRT, and DON'T REMOVE THE NAME TAG** until after the race.

Pre-race dinner is Saturday, May 4, at 6:30 PM, with Gib Leonard, leader of Buy A Brick Foundation (www.buyabrickfoundation.com), building clinics in Zimbabwe (Rhodesia), Cosi Restaurant, 1801 North Lynn Street, Arlington VA, across Key Bridge from Georgetown. Dinner tickets are \$10 in advance, \$15 at the door, all you can eat.

Race-day packet pick-up is Sunday, May 5, from 7:15 AM to 8:45 AM, on-site at Fletcher's Cove.

Directions: From Georgetown, take M Street west. Bear left at Foxhall Road onto Canal Road. Continue west for about two miles to a gap on the field stone wall on the left. CAREFULLY turn left down the driveway and into the parking area. **On the left** at the bottom of the driveway is **parking for about 80 cars.** **On the right is a tunnel** under C&O Canal and Towpath to a riverside parking lot with **parking for about 300 cars.** If all the parking is taken, we post a marshal at the top of the driveway to direct you instead to turn RIGHT turn onto Reservoir Road to **overflow parking** on V Street, Bending Lane, Hutchins Place, or MacArthur Boulevard. Packet pickup is at the picnic tables across a footbridge from the first parking area. Restrooms and portable toilets are also near the first parking area.

We offer **race-day clothing check-in on-site**, but please, no backpacks or duffel bags. Place your stuff in the plain white plastic bag we provide and write your bib number on the outside. You can leave your personal belongings in your car if you drive to the race. BTW **we're not a chip race** – we need to see your bib number when you finish.

When you pick up your bib number, please verify all the data. If you want to **change your start time** between 8:00 AM and 9:00 AM or **change your distance** between FULL and HALF marathon, please tell the registrar to correct the roster, and please correct your name tag. Both 8:00 AM and 9:00 AM start times are official and can be used Boston Marathon or Olympic Trials qualifiers. **Competitive awards (\$250 for 1st M/F, \$150 for 2nd M/F, \$100 for 3rd M/F) are reserved for 8:00 AM marathoners.** 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. Our aid stations are set up in time for the 8:00 AM start. Please stay outside the starting area until five minutes before your start so you don't obstruct the Towpath.

Before both starts at 7:30 AM and 8:30 AM, listen to **"Showtime Mike" Mebrahtu's** stand-up jokes and **certified laughter leader Diane Cohen** to celebrate World Laughter Day. At 7:45 AM, 15-time Potomac River Run Marathon finisher **Michael Creadon**, trumpeter, plays the National Anthem, followed by race director's final instructions. If you aim to qualify for Boston Marathon or Olympic Trials, please step to the front of the starting line.

boom!

To order Carb Boom! on-line, see www.boomnutrition.com and use discount code **2019PRRM** for 20% off



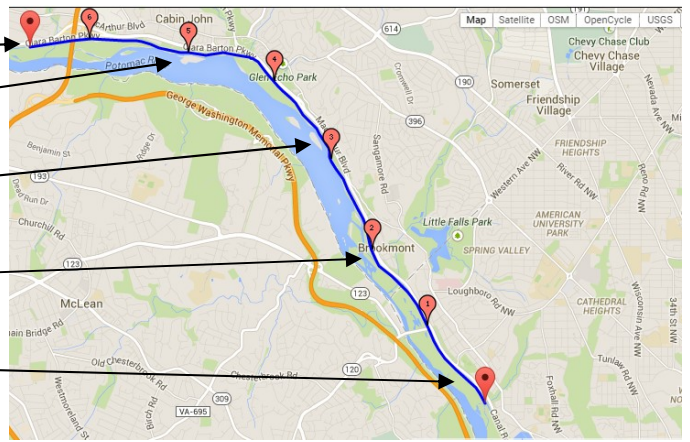
Turnaround point
6.55 miles NW of start / finish

Lock 10 aid station

Lock 7 aid station

Lock 5 aid station

Start / Marathon Midpoint / Finish
Fletcher's Cove, 4940 Canal Road NW, Washington DC



Source: <http://www.gmap-pedometer.com/?r=6428296>

Course Description: C&O Canal Towpath starts in Georgetown and continues 183 miles west with milestones at every mile. The Towpath is 12 feet wide, so please be cautious and **stay away from the edges** near the water. Fletcher's Cove is two miles west of Key Bridge, about 100 meters west of Milestone 3. The start / marathon midpoint / finish is at the footbridge across C&O Canal. The course runs west for 6.55 miles, past Milestones 4 (the DC/Maryland state line), 5, 6, 7, 8, and 9, **turns around 0.3 miles past I-495 Capital Beltway overpass, and comes back**. If Saturday's weather is nice, we post markers at each mile. Please also note Towpath's brown milestones, in case we can't put out our markers.

The **half marathon** is out'n'back **once**; the **full marathon** is out'n'back **twice**. In the **half marathon**, when you return to Fletcher's Cove, **bear right and finish into the chute** marked with colorful flagging. In the **full marathon**, when you return to Fletcher's Cove, you are at the 13.1-mile midpoint. **Stay LEFT** into the refreshments tent, **turn LEFT** around the cones, and continue out for another 6.55 miles out'n'back. When you return to Fletcher's Cove the second time, **bear right and finish into the chute**. Please, **do NOT wear earphones** at the start, turnarounds, or finish.

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 can verify that everyone runs the whole distance.

We thank our aid station volunteers: Fast Track Sports Medicine & Performance (Merrifield VA) and Marathon Charity Cooperation (www.-mc-coop.org) at start / midpoint / finish and at Lock 5, Buy a Brick Foundation (www.BuyaBrickFoundation.org) at Lock 7, and DC Capital Striders (www.DCCapitalStriders.com) at Lock 10. At start / midpoint / finish, we offer water, Carb Boom!, Gatorade, and Simone Super Energy. At aid stations, we offer water and Gatorade. Please use trash bags near aid stations for paper cups and other refuse to keep the trail 100% clean. We have 4 Don's Johns at Fletcher's Cove and a toilet at Lock 5.

Spectators can watch at Fletcher's Cove, Chain Bridge, Lock 5 (unmarked), Lock 6, Lock 7, Canal Center, Lock 8, Lock 9, or Lock 10. Chain Bridge is accessible from Canal Road going both ways, but all locks are accessible **ONLY from eastbound Clara Barton Parkway**.

The course is flat and unpaved, except for paved 20-foot rises at Lock 5 outbound and under I-495 Capital Beltway and 20-foot drops at those points on the way back. 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. In early morning, you see great blue herons, deer, other runners, cyclists, and trail users. Please always stay to the right and be courteous to other trail users. **We care about each runner's safety**. If you drop out, an aid station is always less than a mile away, and the volunteers at all aid stations have cell phones, extra vehicles, and space blankets. Please tell another runner to tell us you stopped so we can send someone to pick you up.

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 in the **8:00 AM full marathon** for \$250, \$150, and \$100 and 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) in the **8:00 AM full marathon and 9:00 AM half marathon** as soon as possible. About a week after the race, we mail any awards unclaimed on race day, also colorful finisher certificates via PDF to all who request them. Awards include gift certificates from Falls Road Running Store, Pacers Running Stores, and Trader Joe's, plus SHF wooly weatherproof hats and SHF multi-color desk lamps.

When you finish, enter the chute and give your name tag to the finish line official and receive your medal by Dan Kain Trophies. We offer water, Gatorade, Simone Super Energy, Dunkin' Donuts bagels, Mario's Pizza, Trader Joe's bananas, and King Zachary's Royal Barbeque at our generous post-race picnic.

Our official photographer at Lock 7 is Charlie Milsop of Chessie Photo. Charlie takes GREAT action shots! To see and buy your professional photos, please see www.chessiephoto.com/prr2019 after Wednesday, May 8. If you take additional photos, please share them via our Facebook page www.facebook.com/groups/PotomacRiverRun

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

Jay Jacob Wind

Thank you -- Run with Laughter, Safety, and Good Health!
Jay Jacob Wind, Director, Safety And Health Foundation