



Safety And Health Foundation



Abebe Bikila Day International Peace Marathon & Half

Safety And Health Foundation
611 South Ivy Street • Arlington Virginia 22204
racedirector@att.net • 703-927-4833
www.SafetyAndHealthFoundation.org/bikila

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Saturday, September 16, 2017

Dear Marathoner, Half-Marathoner, Volunteer, Spectator, or Sponsor:

Welcome to the 11th Abebe Bikila Day International Peace Marathon & Half, on the C&O Canal Towpath, starting and finishing at Fletcher's Cove in Washington DC, presented by Safety And Health Foundation (SHF). **We thank all our participants** for your support and your training for this event, and we hope you qualify for 2017 Boston Marathon.

Today, we compete on **the playing field of peace** as we welcome runners from all over the world. Abebe Bikila's historic win in Rome on September 10, 1960 - Ethiopian New Year's Day - was the first-ever medal by a black African, and his repeat win in Tokyo in 1964 made him the first two-time winner of the Olympic Marathon. He inspired runners worldwide and taught us that Sport is truly an international language, along with Art, Math, Music, and Science.

Our race benefits • Buy A Brick Foundation (www.TeamAfrica.com) Stomp Out Malaria program (www.stompoutmalaria.com) • Ethio-American Athletics Association (EAAA, www.ethamaa.org) • DC Capital Striders (www.dccapitalstriders.com) and • Young African Professionals Network (www.yapdc.org).

We thank our sponsors:

- ACE Physical Therapy & Sports Medicine Institute (www.ace-pt.org)
- Boom Nutrition, the makers of Carb Boom! (www.BoomNutrition.com)
- Dama Pastry (703-920-5620) Market & Restaurant (703-920-3559), 1503-1505 Columbia Pike, Arlington VA 22204 – the best DC-area Ethiopian food & drink (www.damapastry.com, www.damamarketandrestaurant.com)
- Falls Road Running Store, 6247 Falls Road, Baltimore MD 21209 (410-296-5050) (www.baltimorerunning.com)
- Mark Accounting & Computing Service (703-356-9113 or 202-541-7979) (www.markcomputing.com)
- Pacers Running Stores (www.runpacers.com)
- Simone Super Energy (www.simonesuperenergy.com)

Bring your used shoes: MORE Foundation Group, a non-profit organization, provides used athletic shoes to street vendors in Africa providing tools, seeds, and training for the poorest farm families in Ghana.

Pre-race packet pick-ups: Thursday, September 14, 5:00 PM to 8:00 PM, Walter Reed Community Center, 2909 16th Street South, Arlington VA; and Friday, September 15, 3:00 PM to 6:00 PM, Pacers Running Store, 3100 Clarendon Boulevard, Arlington VA. Get a colorful tech t-shirt, a great goodie bag, and your bib number.

Race-day packet pick-up is Saturday, September 16, 7:15 AM to 8:45 AM, at Fletcher's Cove. **We offer secure check-in for warm-up clothes** at the race-day registration table, but **no backpacks or duffel bags**, please.

Directions to Fletcher's Cove: From Georgetown, take M Street west. Stay left at Foxhall Road onto Canal Road. Continue about 1.5 miles to the first break in the stone wall on your left, the entrance to Fletcher's Cove, across from Reservoir Road. A uniformed U.S. Park Police officer is on-site to assist you to cross Canal Road safely. **With caution**, turn left and go down the ramp. At the bottom, **turn left to surface parking** or **turn right into the tunnel** and then around a curve to free parking closer to Potomac River. When all parking at Fletcher's Cove is full, please turn right on Reservoir Road and park on any of the side streets or on MacArthur Boulevard and take the short walk downhill to Fletcher's Cove.

When you pick up your bib number, please verify your time and distance. Please assure the start time on your name tag says your correct start time, 8:00 AM or 9:00 AM. If you change your start time, PLEASE ENTER YOUR NAME and NEW START TIME ON THE CHANGE CHART and please correct your name tag. Same procedure **if you change distances** between FULL and HALF marathon. Both start times - 8:00 AM and 9:00 AM - are official and can be used as Boston Marathon qualifiers. Competitive awards are reserved for 9:00 AM marathoners, except we present **special awards** to the first finishers M/F in the 8:00 AM half and full marathons and in the 9:00 half marathon.

We time the race the old-fashioned way -- bib numbers rather than chips -- so please do not lose your bib number, **please wear it visibly on the front** of your shirt or shorts, not on your back or sleeve, and please **don't remove the name tag**. We collect those name tags after you finish to score the race. Please wear your bib number of the front of your shirt so we can see it clearly as you approach the finish.

Our official photographer is www.chessiephoto.com. BUY HIS PHOTOS! They are high-quality prints from framing!

If you take additional photos, please share them via our Facebook page www.facebook.com/groups/AbebeBikilaMarathon

On Race-Day: Please stay in the registration area until 5 minutes before your start so you don't obstruct the Towpath. At 7:45 AM and 8:45 AM, join us singing the National Anthem, led by Selamawit Seifu, daughter of two-time Ethiopian Olympic boxer Seifu Makonnen, founder of this event and one its beneficiaries. Seifu is hospitalized awaiting a kidney transplant, and he can really use your personal prayers, best wishes, and donations for his medical expenses.

After the National Anthem, the race director rings a memorial bell 184 times to remember the 184 victims at the Pentagon in Arlington VA on September 11, 2001. **After the bell-ringing ceremony,** we walk upstairs to Towpath, where the race director provides final instructions before whistling the start.

Please: NO HEADPHONES during the National Anthem until after the start, or you'll miss important instructions.

Specials • Thank you for joining us for Ethiopian New Year • All-day MC: "Showtime Mike" Mebreahtu of Eritrea

- Hear and dance to authentic original African music by Anna Mwalagho from 10:30 AM to 11:30 AM
- Covered LIVE by Ethiopian Broadcasting Service (www.ebstv.tv) • Enjoy injera courtesy of Dama Restaurant

Turnaround

Lock 10 aid station

Lock 7 aid station

Lock 5 aid station

Chain Bridge

Start / Finish

Marathon midpoint



See our web site
for USATF-certified
course map

Course: C&O Canal Towpath is only 12 feet wide, so please be careful. Stay away from the edge near the water. Towpath starts in Georgetown and continues 183 miles west, with milestones every mile. Fletcher's Cove is about 0.2 miles west of Milestone 3. We run westbound toward Maryland for 6.55 miles, past Milestones 4, 5, 6, 7, 8, and 9. We turn around about 0.75 miles west of Milestone 9, 766 yards past I-495 Capital Beltway. Half marathon course is out'n'back once; full marathon is out'n'back twice. Half marathoners are done upon return to Fletcher's Cove. Full marathoners are at marathon midpoint at Fletcher's Cove, then they repeat the course. Stay right into the chute at when you finish. Our marshals at turnaround and marathon midpoint record bib numbers on clipboards and report to finish line by cell phone, so we know who runs the whole distance. • Please use the **trash boxes** near each aid station and Fletcher's Cove.

We thank our aid stations volunteers: EAAA at Lock 5, Buy a Brick Foundation at Fletcher's Cove & Lock 7; and DC Capital Striders at Lock 10. Portable toilets and permanent toilets are at Fletcher's Cove and Lock 5. All aid stations offer water and Gatorade, and we offer **Simone Super Energy** and **CarbBoom** gel at start / midpoint / finish. **Spectators can watch** at Chain Bridge, Lock 5, Lock 6, Lock 7, Lock 8, and Lock 10, accessible **only from eastbound Clara Barton Parkway**.

The course is flat, except for slight rises at Lock 5 and under I-495 Capital Beltway outbound, slight drops at those points on the way back. Each rise is about 20 feet. Those two rises are the only paved segments of the course. 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, other trail users, and great blue herons. Please always **stay to the right** and be courteous to other trail users. Please pay attention to Towpath's Milestones 4 to 9, and we also deploy our own mile signs.

We care about each runner's safety. If you drop out, an aid station is always about a mile away, and the volunteers at all the aid stations have cell phones, extra vehicles, space blankets, and cold water and ice. If you stop after half-way, please add your name to the change chart so we can recognize your half-marathon finish. You get the same medallion for half and full marathon.

Post-race: Immediately after you finish the marathon – no waiting – at the finish line, we present awards to the top 9:00 AM marathoners— \$250, \$150, and \$100 to 1st, 2nd, and 3rd males and females, 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). Only 9:00 AM marathoners qualify for awards. Awards include gift certificates from Falls Road Running Store, Great American Restaurants, Pacers Running Stores, and other sponsors. Right after you finish the 9:00 AM marathon, please stay in finish area to listen for your name to receive your award if any. We mail awards unclaimed on race day and e-mail colorful finisher certificates as PDFs upon request.

When you finish, continue into the chute and give your tear-off tag to the finish line official. Every finisher gets a medal by Dan Kain Trophies. Walk downstairs to picnic area for Dama Restaurant injera, Dunkin' Donuts bagels, Simone Super Energy, Whole Foods bananas, clementines, and blueberries.

Results go on www.safetyandhealthfoundation.org/20170916.html post-race - and sent to BAA.

Please sponsor us! See www.safetyandhealthfoundation.org/bikila, or contact racedirector@att.net (703-927-4833).

Jay Jacob Wind Thank you! Run in peace and understanding!
Jay Jacob Wind, Director, Safety And Health Foundation