



15½th Potomac River Run Marathon

Saturday, September 29, 2018

Safety And Health Foundation

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www.SafetyAndHealthFoundation.org/marathon/index2.php



Dear Full Marathoner or Half-Marathoner:

Welcome to our **September 29, 2018, running of Potomac River Run Marathon & Half**, presented by Safety And Health Foundation on C&O Canal Towpath, starting and finishing at Fletcher's Cove, 4940 Canal Road NW, Washington DC 20007, sponsored by ACE Physical Therapy & Sports Medicine Institute, Boom Nutrition (maker of Carb Boom!), Dunkin Donuts, Falls Road Running Store, Pacers Running Stores, Simone Super Energy, and Trader Joe's, to benefit Buy A Brick Foundation (www.TeamAfrica.com), DC Capital Striders (www.dccapitalstriders.com), and Ethio-American Athletics Association (www.facebook.com/ethamaa).

We conduct this race in memory of **Dean Shulman** (1961-2012), a founding member of our board of directors who died on May 8, 2012, two days after our 9th annual Potomac River Run Marathon. Dean loved running. His favorite event was Race For The Cure, and he was a generous supporter of Buy A Brick Foundation. Now his brothers John and Harry Shulman support Buy A Brick Foundation every year. We also deeply lament the death of our running friend Wendy Martinez, murdered by attackers on Wednesday, September 19. This race is for you, Dean and Wendy, and we miss you both.

We thank our sponsors, our volunteers, and you -- our participants for giving our races triple-five-star (top) rating on MarathonGuide.Com for course, organization, and fans.

We offer three convenient packet pick-ups:

1. **Thursday, September 27, 5:00 PM-8:00 PM**, Walter Reed Community Center, 2909 16th Street South, Arlington VA. Please help assemble goodie bags for an hour for early packet pick up
2. **Friday, September 28, 11:00 AM-6:00 PM**, at PACERS Running Store, 3100 Clarendon Boulevard, Arlington VA 22201, across from Clarendon Metro, 90 minutes free parking at Trader Joe's if you buy something. Friday packet pick-up includes late registration for Saturday's races, followed at 6:30 PM by all-you-can-eat dinner at Cosi Restaurant, 1801 North Lynn Street, Arlington VA 22209, with featured guest Gib Leonard, director of Buy A Brick Foundation
3. **Race day, Saturday, September 28, 7:15 AM to 8:45 AM** at Fletcher's Cove, 4940 Canal Road NW, Washington DC.

What you get: Colorful tech t-shirt, stuffed goodie bag, bib number, Dunkin' Donuts coffee & donuts & bagels, Dan Kain Trophies medal, King Zachary's Royal Barbeque, Carb Boom, Mario's Pizza, Trader Joe's bananas and clementines (they have appeal!).

Timing: When you entered, you chose your start time, either 8:00 AM or 9:00 AM, and you chose your distance, either half marathon or full. If you need 6 hours or more, please start at 8:00 AM. If you decide to change your start time or your distance, please notify the registrar or the team member with the clipboard before the start. We time the race using the old-fashioned method, with bib numbers rather than chips, since we do not have electrical power on C&O Canal Towpath. Please **do not lose your bib number**, and **don't remove your name tag**. Please do not leave it at home, in your car, or in your pocket. Please **wear your bib number visibly on the front of your shirt** so we can record you at the two turnarounds, marathon midpoint, and finish line. If we can't see your bib number, or if we can't retrieve your name tag at the finish of the race, we can't record your finish, and you will not be happy.

On Friday, September 28, at 6:30 PM, join us for a pre-race dinner: Please join us at Cosi Restaurant, 1801 North Lynn Street, Arlington VA, to meet speaker **Gib Leonard**, Buy A Brick Foundation, building schools and delivering food and medicine in Zimbabwe. Tickets are \$15 for all you can eat.

Sign up for the dinner at www.safetyandhealthfoundation.org/marathon/index2.php

Race-day driving directions: Fletcher's Cove, 4940 Canal Road NW, Washington DC 20007, is two miles west of Key Bridge, one mile east of Chain Bridge. From the east (Georgetown), arrive via Canal Road. Follow the stone wall from Key Bridge past the stop light at Foxhall Road and bear left onto Canal Road NW. Proceed about two miles to the first break in the stone wall. At the stop light, enter to the left down a ramp to free parking for 85 cars. Please do not park in front of the big white Abner Cloud House, a national historical site, open to the public as a museum after 12:00 noon on Saturdays. Once the upper parking lot is full, please stay to your right and enter the tunnel that goes under the canal and towpath and brings you to free parking for about 200 cars.

If you drive from the west -- past Chain Bridge on Canal Road -- the hairpin turn into Fletcher's Cove is dangerous. Instead, turn left at the stoplight, go up Reservoir Road for free parking there, or make a safe U-turn, go back down to Canal Road, and cross Canal Road to Fletcher's Cove. U.S. Park Police serve and protect at that intersection.

Simultaneous with our race is a Park Run 5K starting at 9:00 AM and heading east -- the opposite direction -- unrelated to our marathon, but they do occupy some parking spaces

If all available parking is taken, you can find more free parking up Reservoir Road at The River School, on W Street, Bending Lane, Hutchins Place, or Macarthur Boulevard.

If you drive to the race, please lock your personal belongings in your car. **If you take a cab or other means** of transportation, we offer secure storage of personal belongings behind the race-day registration desk. Please place your stuff in a white plastic bag, which we provide, or in your green goodie bag from ACE Physical Therapy, and please write your bib number on the outside of the bag.

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