



POTOMAC RIVER RUN MARATHON & HALF

Sunday, May 6, 2018 – 8 AM and 9 AM

The easiest marathon in America - Celebrating **World Laughter Day**

On the historic C&O Canal Towpath -- Start & finish at Fletcher's Cove, Washington DC

Enter early at www.safetyandhealthfoundation.org/marathon and save!



- Sponsored by • Big Wheel Bikes, Carb Boom, Falls Road Running Store, Mario's Pizza House, Pacers Running Stores, RBC Wealth Management, Trader Joes, and more
- Course • Flat - scenic – tree-lined - shaded – beautiful views of Potomac River – **USATF-certified course DC-09005-RT**
 - Boston Qualifier marathon • Post-race picnic • Enjoy a lovely day on the C&O Canal Towpath!
 - Colorful, technical grade t-shirt • Goodie bag with samples, coupons & gift certificates
- Pre-Race • Packet assembly & pick-up Thursday, May 3, 5:00-8:00 PM, at Walter Reed Community Center, 2909 16th Street South, Arlington VA 22204
 - Packet pick-up Saturday, May 5, 3:00 PM-5:45 PM, Pacers Running Store, 3100 Clarendon Boulevard, Arlington VA
 - Pre-race dinner w/Gib Leonard Saturday, May 5, 6:30 PM, Cosi Restaurant, 1801 North Lynn Street, Arlington VA
- Race-Day • Packet pick-up Sunday, May 6, 7:15–8:45 AM, at Fletcher's Cove, 4940 Canal Road, Washington DC
 - 7:30 AM & 8:30 AM – Laughing Warm-Up, led by Diane Cohen, Arlington Laughter Yoga
 - 7:50 AM & 8:50 AM – National Anthem, played by Michael Creadon
 - 7:55 AM & 8:55 AM – Official welcome • Both full marathons start times are both Boston Marathon qualifiers, also for Chicago, Houston, Los Angeles, NYC, & Olympic Trials Marathons
 - 8:00 AM – Early Bird non-competitive start • Both half marathons are qualifiers for Chicago, Houston, LA, NYC, & OT Marathons
 - 9:00 AM – Competitive start
 - Aid stations at Lock 10, Lock 7, Lock 5, assisted by Buy A Brick Foundation www.TeamAfrica.com and DC Capital Striders
 - Refreshments courtesy of sponsors Boom Nutrition, Honest Tea, Mario's Pizza House, Whole Foods of Arlington. Medals by Dan Kain Trophies.
- Awards • \$250 to 1st, \$150 to 2nd, \$100 to 3rd M/F – Gift certificates to 1st, 2nd, 3rd 10-year age-group M/F
- Benefits • **Safety And Health Foundation**, Buy A Brick Foundation, DC Capital Striders, Ethio American Athletic Association
- Open to all • 300 marathoners of all abilities who can cover the course in less than 6 hours.
- Directions • From Georgetown, go west on M Street to Foxhall Road. Stay left onto Canal Road. About two miles west, watch for Reservoir Road on your right and a break in the stone wall on your left. CAREFULLY turn left down the driveway to free parking on the left, or go thru the tunnel on the right to more free parking by the river. You can also park on Reservoir Road or any of the connecting streets.
 - You can also take Red Top Cab for \$5 (one way). \$10 round trip, leaving at 7:00 AM from Key Bridge Marriott.
 - You may drop off your runners and then watch at Chain Bridge, Lock 5, Lock 6, Lock 7, Lock 8, Lock 9, or Lock 10
- Lodging • \$139 at Key Bridge Marriott, 1401 Lee Highway, Arlington (call 1-800-676-2959 by April 1, say "PRR Marathon")
- Sponsor us! • www.safetyandhealthfoundation.org/marathon or call 703-927-4833 / racedirector@att.net **Sponsors:**



PACERS RUNNING



ACE PHYSICAL THERAPY & SPORTS MEDICINE INSTITUTE POTOMAC RIVER RUN MARATHON • REGISTRATION 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, 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, Marathon Charity Cooperation, 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 5/6/2018 [] []

Address _____ Birthday ____-____-____ (mm-dd-yyyy)

City ST ZIP _____

E-mail _____

Phone _____ T-shirt size XS | S | M | L | XL | XXL Add \$5 one-way or \$10 round-trip Red Top Cab ride

Best Marathon __:__:__ Where/When? _____ Add \$10 for dinner w/ Gib Leonard Saturday, May 5

Options: Half marathon Full Marathon 8:00 AM start 9:00 AM start

Save up to \$30 by registering early --- on-line at www.safetyandhealthfoundation.org/marathon

Enclosed is my entry fee: \$60 by August 31 \$70 by November 30 \$80 by December 31 \$90 by January 31
 \$100 by May 5, 2018, including at packet pick-up (no race-day registration) \$90 Military Discount

Enclosed is an additional tax-deductible donation (please enclose a separate check to charity) \$____ BuyABrick Foundation \$____ SHF
 \$____ Melanoma Foundation of New England \$____ DC Capital Striders \$____ Ethio American Athletics Assoc. \$____ American Red Cross Intl Response Fund in Haiti