POTOMAC RIVER RUN MARATHON & HALF
Sunday, May 2, 2021
8 AM Marathon – 9 AM Half Marathon

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
  - 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, April 29, 5:00-8:00 PM,
    at Walter Reed Community Center, 2909 16th Street South, Arlington VA 22204
  - Packet pick-up Saturday, May 1, 3:00 PM-5:45 PM, Pacers Running Store, 3100 Clarendon Boulevard, Arlington VA
  - Pre-race dinner w/Gib Leonard Saturday, May 1, 1:30 PM, Cosi Restaurant, 1801 North Lynn Street, Arlington VA
- Race-Day
  - Packet pick-up Sunday, May 2, 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, followed by official welcome
    • 8:00 AM – FULL Marathon
      • Qualifier for Boston, Chicago, Houston, Los Angeles, NYC, & Olympic Trials Marathons
    • 9:00 AM – HALF Marathon
      • Qualifier for Chicago, Houston, Los Angeles, NYC, & Olympic Trials Marathons
    • Aid stations at Lock 10, Lock 7, Lock 5, by Buy A Brick Foundation www.TeamAfrica.com, DC Capital Striders, and Marathon Charity Cooperation
    • Refreshments courtesy of sponsors Boom Nutrition, Honest Tea, Mario’s Pizza House, Whole Foods of Arlington. Medals by Dan Kain Trophies.
- Awards
  - Marathon: $250 to 1st, $150 to 2nd, $100 to 3rd M/F – Gift certificates and commemorative awards to 1st, 2nd, 3rd 10-year age-group M/F
  - Half Marathon: Gift certificates and commemorative awards to 1st, 2nd, 3rd M/F overall and 1st, 2nd, 3rd 10-year age-group M/F
- Benefits
  - Safety And Health Foundation, Buy A Brick Foundation, DC Capital Striders, Marathon Charity Cooperation
- Open to all
  - 300 marathoners of all abilities who can cover the marathon course in less than 6 hours or half marathon less than 5 hours (walk OK)
- 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 $10 round trip, leaving at 7:00 AM from Key Bridge Marriott, returning whenever 4 are finished
  - You may drop off your runners and then watch as a spectator at Chain Bridge, Lock 5, Lock 6, Lock 7, Lock 8, Lock 9, or Lock 10
- Lodging
  - $119 at Key Bridge Marriott, 1401 Lee Highway, Arlington (800-321-2211 or 703-524-6400 by April 8, 2021 - "SHF Marathon 2021"
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- Sponsor us!
  - www.safetyandhealthfoundation.org/marathon or call 703-927-4833 / racedirector@att.net
  - Sponsors:

ACE PHYSICAL THERAPY & SPORTS MEDICINE INSTITUTE
POTOMAC RIVER RUN MARATHON • REGISTRATION FORM

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 any competitive race 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, collisions, 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 By A Brick Foundation, DC Capital Striders Running Group, Safety And Health Foundation, Marathon Charity Cooperation, RRCA, USAFT, 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 photo in promotional materials and to publicize my participation in this event.

Signature ______________________________________ (parent or guardian if under 18)

Gender [ ] M [ ] F  Age on 5/2/2021 [ ]

Address ______________________________________

Birthday ________________ (mm-dd-yyyy)

City ST ZIP ____________________________________

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 4

Event: [ ] 9:00 AM Half marathon [ ] 8:00 AM Full Marathon  Save $40 by registering early at www.safetyandhealthfoundation.org/marathon

Enclosed: $50 now, $60 after February 1, $70 after March 1, $80 after April 1, $90 after April 30 -- $10 military and club discount

[ ] Enclosed is an additional tax-deductible donation (please enclose a separate check to charity)

$_____ BuyABrick Foundation  $_____ DC Capital Striders  $_____ Marathon Charity Cooperation  $_____ Safety And Health Foundation