



14 1/2th annual POTOMAC RIVER RUN MARATHON & HALF MARATHON

Saturday, October 28, 2017 / 8:00 & 9:00 AM

(Please select 8:00 AM non-competitive start if you need more than 5 hours)

The easiest marathon in America – On the historic C&O Canal Towpath -- Start & finish at Carderock Recreation Area

Enter early at www.safetyandhealthfoundation.org/marathon



Safety And Health Foundation



In Memory of Dean Shulman (1961-2012)

- In memory of Dean Shulman (1961-2012) was a founding director of Safety And Health Foundation. We miss him.
- Enjoy! • Enjoy a lovely day on the C&O Canal Towpath! See displays about the historic C&O Canal on the course
- Course • Colorful, technical grade t-shirt • Goodie bag with samples, coupons & gift certificates
- Flat - scenic – tree-lined - shady – beautiful views of Potomac River – **USATF-certified MD-09009-RT**
- Both 8:00 AM and 9:00 AM full marathon are Boston Qualifiers
- You can run the full marathon, or you can enjoy the half marathon and cheer for the marathon finishers
- Pre-Race • Packet assembly Thursday, October 26, 5:00 PM to 8:00 PM, Walter Reed Community Center, 2909 16th Street South, Arlington VA
- Packet pick-up Friday, October 27, 3:00 PM to 6:00 PM, Pacers Running Store, 3100 Clarendon Boulevard, Arlington VA
- Pre-race dinner Friday, October 27, 6:30 PM, Cosi Restaurant, 1801 North Fort Myer Drive, Arlington VA (\$15 in advance)
- Race-Day • Packet pick-up Saturday, October 28, 7:15 AM to 8:45 AM, at Carderock Recreation Area
 - 7:00 AM • Catch a ride via Red Top Cab from Key Bridge Marriott, 1401 Lee Highway, Arlington VA (\$10)
 - 7:45 AM and 8:45 AM • Official welcome and the National Anthem precede each of the starts by about 10 minutes
 - 8:00 AM – Early Bird non-competitive start • All full marathon start times are qualifiers for Boston, Chicago, Houston, and NYC Marathons
 - 9:00 AM – Competitive start • Medals for ALL finishers by Dan Kain Trophies
 - Aid stations at Lock 10, Lock 7, and Lock 5, assisted by Buy a Brick Foundation, DC Capital Striders, and Ethio-American Athletic Association
 - Post-race picnic: CarbBoom, King Zachary's Royal Barbeque, Marie Martin's Runners Pantry, Simone Super Energy, Whole Foods of Arlington
- Awards • 9:00 AM full marathon: \$250 to 1st, \$150 to 2nd, \$100 to 3rd M/F – Gift certificates & stuff to 1st, 2nd, 3rd 10-year age-groups M/F
- A few awards to 8:00 AM / 9:00 AM half marathoners and 8:00 AM full marathoners
- Host Hotel: • Key Bridge Marriott, 1401 Lee Highway, Arlington VA • call 703-524-6400 or 1-800-676-2959 by October 15, say "PRR Marathon"
- Benefits • **Safety And Health Foundation, www.BuyABrickFoundation.org, DC Capital Striders, Ethio-American Athletics Association, and MFNE**
- Open to all • 300 runners of all abilities who can run under 6 hours • If you need more than 5 hours, please select the 8:00 AM start
- Directions • From I-495 north of American Legion Bridge in MD, take Exit 41 onto westbound Clara Barton Parkway
 - After about one mile, bear right and take the first exit to the right (Carderock | NavSurfWarfCen)
 - Turn left at the top of the bridge; cross over the parkway, and follow the road through a tunnel under the C&O Canal Towpath
 - Drive 0.3 miles to a T-junction and turn right to free parking • We have ~200 spaces, so please car-pool or use our **Facebook**
 - You may drop off your runners and then watch at Lock 10, Lock 9, Lock 8, Lock 7, Lock 6, Lock 5, or Chain Bridge
 - If you take Red Top Cab to Carderock, please notify us after you finish and we will get you a ride back with other finishers driving back
- Sponsor us! • **Thank you, Boom Nutrition!** • www.safetyandhealthfoundation.org/marathon or contact 703-927-4833 / racedirector@att.net



PACERS RUNNING



Simone super energy



14 1/2th 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, 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 10/28/2017

Address _____ Birthday _____ (mm-dd-yyyy)

City ST ZIP _____

E-mail _____

Phone _____ T-shirt (XS | S | M | L | XL | XXL)

Best Marathon __:__:__ Where/When? _____

Event Half Marathon Full Marathon Start Time 8:00 AM 9:00 AM
 I will join you for dinner at Cosi Restaurant, 1801 North Lynn Street, Arlington VA, Friday, October 27, at 6:30 PM (please add \$15)
 I will take Red Top Cab from Key Bridge Marriott to Carderock departing at 7:00 AM (please add \$10)

• No race-day registration, please • Save up to \$60 by registering early • Enter on-line at www.safetyandhealthfoundation.org/marathon

Enclosed is my entry fee:

\$60 by December 31 \$70 by February 28 \$80 by April 30 \$90 by June 30 \$100 by September 30 \$120 by October 28

Enclosed is an additional tax-deductible donation of \$_____ to Buy a Brick Foundation (please enclose a separate check to **BABF**)

Enclosed is an additional tax-deductible donation of \$_____ to Ethio-American Athletic Association (please enclose a separate check to **EAAA**)

Enclosed is an additional tax-deductible donation of \$_____ to Melanoma Foundation of New England (please enclose a separate check to **MFNE**)

Enclosed is an additional tax-deductible donation of \$_____ to Safety And Health Foundation (please enclose a separate check to **SHF**)