



15½th annual



# POTOMAC RIVER RUN MARATHON & HALF

## Saturday, September 29, 2018

### 8:00 FULL MARATHON & 9:00 AM HALF MARATHON

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](http://www.safetyandhealthfoundation.org/marathon)



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**
- Full marathon is a 2020 Boston Qualifier
- You can run the full marathon, or you can enjoy the half marathon and cheer for the marathon finishers
- Pre-Race • Packet assembly Thursday, September 27, 5:00 PM-8:00 PM, Walter Reed Community Center, 2909 16<sup>th</sup> Street South, Arlington VA
- Packet pick-up Friday, September 28, 3:00 PM to 6:00 PM, Pacers Running Store, 3100 Clarendon Boulevard, Arlington VA
- Pre-race dinner Friday, September 28, 6:30 PM, Cosi Restaurant, 1801 North Fort Myer Drive, Arlington VA (\$15 in advance)
- Race-Day • Packet pick-up Saturday, September 29, 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 – Full marathon start • Full & half are qualifiers for Boston (full only), Chicago, Houston, NYC, and Olympic Trials Marathons
  - 9:00 AM – Half marathon start • Medals for ALL finishers by Dan Kain Trophies
  - Aid stations at Lock 5, Lock 7, and Lock 10, 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 • 8:00 AM full marathon: \$250 to 1<sup>st</sup> M/F, \$150 to 2<sup>nd</sup> M/F, \$100 to 3<sup>rd</sup> M/F + SHF awards to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> 10-year age-groups M/F
- Host Hotel: • 9:00 AM half marathon: – SHF awards to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> M/F overall and in 10-year age-groups
- Benefits • Key Bridge Marriott, 1401 Lee Highway, Arlington VA • call 703-524-6400 or 800-676-2959 by September 1, say "PRR Marathon"
- Open to all • **Safety And Health Foundation, www.BuyABrickFoundation.org, DC Capital Striders, Ethio-American Athletics Association, and MFNE**
- Sponsor us! • 300 runners of all abilities who can run under 6 hours
- **Thank you, Boom Nutrition!** • [www.safetyandhealthfoundation.org/marathon](http://www.safetyandhealthfoundation.org/marathon) or contact 703-927-4833 / [racedirector@att.net](mailto:racedirector@att.net)



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### 15½th POTOMAC RIVER RUN MARATHON • MAIL-IN 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 09/29/2018 [ ] [ ]

Address \_\_\_\_\_ Birthday \_\_\_\_\_-\_\_\_\_-\_\_\_\_ (mm-dd-yyyy)

City ST ZIP \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_ T-shirt [ ] (XS | S | M | L | XL | XXL)

Best Marathon \_\_:\_\_:\_\_ Where/When? \_\_\_\_\_

Event [ ] 8:00 AM Full Marathon [ ] 9:00 AM Half Marathon

[ ] I will join you for dinner at Cosi Restaurant, 1801 North Lynn Street, Arlington VA, Friday, September 28, at 6:30 PM (please add \$10)

[ ] I will take Red Top Cab from Key Bridge Marriott to Fletcher's Cove leaving at 7:00 AM (please add \$10 for one-way, \$15 for round-trip)

- No race-day registration, please
- Save up to \$40 by registering early
- Enter on-line at [www.safetyandhealthfoundation.org/marathon](http://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 28 (if we're not sold out)

[ ] 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 D.C. Capital Striders (please enclose a separate check to **DCCS**)

[ ] 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 Safety And Health Foundation (please enclose a separate check to **SHF**)