



**High Cloud Foundation
Abebe Bikila Day
International Peace Half Marathon
Saturday, September 15, 2012**

www.safetyandhealthfoundation.org/20120915



Dear Participant,

Thank you for entering or volunteering for Abebe Bikila Day International Peace Half Marathon.

Packet pick-up: You can pick up your bib number, t-shirt, and goodie bag Friday, September 14, from 3:00 PM to 6:00 PM at Georgetown Running Company, 3401 M Street NW, Washington DC (202-337-8626). While you're at Georgetown Running Company, you can purchase apparel, shoes, and other running gear for 15% off. Present your bib number at the counter for the discount.

You can also pick up your bib number, t-shirt, and goodie bag Saturday, September 15, from 6:45 AM to 7:45 AM on-site near the start line in the small park at 1000 Potomac Street, Washington DC, corner of Grace Street, one block north of Water Street and Georgetown Waterfront Park, one block west of Wisconsin Avenue. We provide two portable toilets at the packet pick-up area.

Please do look in your goodie bag; you'll find a packet of Emergen-C, definitely worth looking for, At packet pick-up, look for the displays on the life of Abebe Bikila and on High Cloud Foundation.

Parking: Parking is always an issue in Georgetown. Look for on-street parking or park in one of many pay lots. Please join others and carpool to the race if you can.

Race-Day Instructions: We provide a table for storage of personal belongings, with plastic bags and masking tape. Please mark your bib number in BIG numbers on your bag for easy retrieval after the race.

At 7:45 AM, we play the National Anthem from the bridge overlooking the start line. Then we ring a memorial bell 184 times to commemorate the 184 victims at the Pentagon on September 11, 2001. Please be respectful during those moments. At 7:55 AM, we provide final instructions, and at 8:00 AM, we start the race.

We don't use timing chips for this race. Instead, we time the race the old-fashioned way, manually rather electronically. Please pin your bib number to the front of your shirt so it's visible throughout the race, especially at the finish. As you approach the finish, we record your bib number as we spot you, then we record your time as you cross the finish line. Please do not remove the tear-off tag at the bottom of your bib number. After you finish, we collect that tag to determine the exact order of finish to calculate awards.

After we pull your tear-off tag, we present you a really nice medal with the image of Abebe Bikila crossing the finish line as the winner of the 1964 Olympic Marathon in Tokyo, Japan. He was the first two-time winner of the Olympic Marathon, having won also in Rome, Italy, on September 10, 1960.

As soon as possible after about the first 100 finishers, we present awards to the top 3 male and female finishers overall, and to the top 3 males and females 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over. The awards are \$25 gift certificates to Georgetown Running Company.

The Course: The course starts and finishes at the eastern edge of the C&O Canal Towpath, in front of the building at 1033 33rd Street NW, Washington DC, about 200 meters west of the packet pick-up area, accessible via the paved path alongside the C&O Canal. Course map: www.gmap-pedometer.com/?r=5663131

The course is entirely on the C&O Canal Towpath, mostly flat, with a few small inclines outbound and a few small declines on the return. Since the start line is about a 0.2 miles east of Milestone 1, each of the race miles on the outbound are about 0.2 miles before you get to each Towpath Milestone 2, 3, 4, 5, 6, and 7. The turnaround point is 0.215 miles past Milestone 7, collocated with Lock 7. Our course marshal at the turnaround will direct you to turn there and head back to the finish. If you get to Lock 8, you've gone 0.784 miles too far! On the return, the each of the race miles is about 0.1 miles after each Towpath Milestones 7, 6, 5, 4, 3, 2, and 1. Towpath Milestone 1 is under Key Bridge; from there, it's 0.2 miles to the finish.

Race Results: As soon as possible after the race, we calculate and announce the team awards. The top three from each state or country count towards their team's score. By evening, we upload the results to www.safetyandhealthfoundation.org/20120915.html and send an announcement to every entrant.

Aid Stations: We have water, paper cups, trash bags, and high spirits at our three aid stations:

- At Lock 7 / Towpath Milestone 7, accessible from eastbound Clara Barton Parkway only
- At Lock 5 / Towpath Milestone 5, accessible from eastbound Clara Barton Parkway -- or with extreme caution from westbound Clara Barton Parkway -- about 0.8 miles west of Chain Bridge
- At Fletcher's Cove, about mile 2.3 into the race, about 0.1 miles past Towpath Milestone 3, 4940 Canal Road NW, Washington DC

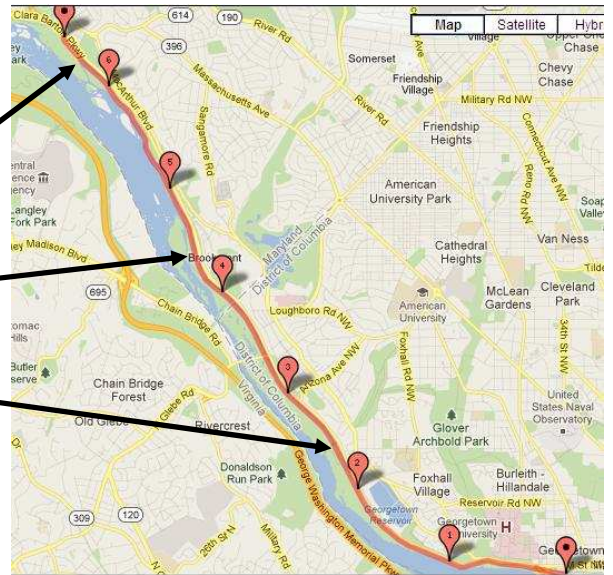
Please stay to the right on C&O Canal Towpath, and please cheerfully greet other trail users. We share the trail with many other users. Please, please, please do not drop litter on C&O Canal Towpath. Especially hard to clean up are those little tear-off tags at the tops of energy gel packs. When our volunteers run the course after the race to clean up, those little tear-off tags take hours to collect. Please place all trash in the trash bags at the three aid stations or after the finish of the race.

Spectators and additional volunteers are welcome at our aid stations and our start / finish area.

Post-race, we have refreshments and music in the packet pick-up area.

Earphones: We discourage the use of earphones during competition. If you wear them, please turn them off until the race starts, please turn them off at the aid stations and the turnaround, and please turn them off as you approach the finish, so you can hear our instructions at all those points.

Thank you for choosing our race! We look forward to welcoming you at our future races.



Sincerely,

Jay Jacob Wind, Technical Director
Matt and Adriana Anderson, Race Directors

Car Pool Request: Two of our key volunteers need transportation to the race early Saturday morning from 14th and Randolph Street NW, Washington DC. If you can help, please call Zackary Harris (202-430-4102). Another volunteer needs a ride from 4853 Cordell Avenue, Bethesda MD - call Steven Hosmer (301-656-2629).

About High Cloud Foundation: At High Cloud, our vision is to help alleviate world poverty for the vulnerable among us: children, orphans, families and mothers who are victims of violence or natural disasters occurring throughout the world. High Cloud Foundation has ongoing Humanitarian Activities in countries including Brazil, Peru, Ecuador, Colombia, Macedonia, Nigeria, the Middle East, Kenya, India, among others. Please read all about us at www.highcloud.org

Please use this form to donate to
High Cloud Foundation, 2502 Transom Place, Woodbridge VA 22191

Name _____
Address _____
City ST ZIP _____ Phone _____ - _____ - _____
E-mail _____

Enclosed is an additional tax-deductible donation of \$_____ to HIGH CLOUD FOUNDATION

\$5 Wisp \$10 Puff \$25 Breeze \$50 Cirrus \$100 Cumulus \$250 Nimbus \$500 Stratus

I offer to volunteer at High Cloud Foundation activities. Please contact me.