



Potomac River Run Marathon

Safety And Health Foundation
611 South Ivy Street • Arlington Virginia 22204
racedirector@att.net • 703-927-4833
www.SafetyAndHealthFoundation.org/marathon
Sunday, May 5, 2013 • World Laughter Day



Dear Marathoner or Half-Marathoner:

Welcome to the 10th annual Potomac River Run Marathon & Half, presented by Safety And Health Foundation (SHF), sponsored by Clean Air Partners in celebration of Air Quality Awareness Week; Greater Washington Sports Alliance, Big Wheel Bikes, Dr. Myles Schneider, Falls Road Running Store, Georgetown Running Company, Great American Restaurants, Glory Days Grill, Honest Tea, ING Financial Partners. Louisiana Marathon, Mario's Pizza House, Metro 29 Diner, PowerBar, RBC Wealth Management, RedStar WorldWear, Road Runner Sports, Spira Footwear, and Whole Foods Market.

We thank our sponsors, our volunteers, and you -- our participants -- for rating our 2004-2012 races triple-five-star (top) on **MarathonGuide.Com** for course, organization, and fans. Our goal is to make Potomac River Run the happiest marathon on earth, to celebrate the first Sunday in May, **World Laughter Day**, with 26 miles of smiles ☺ on the C&O Canal Towpath, starting and finishing at Fletcher's Cove in Washington DC [with a Maryland start at Lock 5].

Pre-race: Packet pick-up is Saturday, May 4, 3:00-6:00 PM, at Georgetown Running Company, 3401 M Street NW, Washington DC 20007 (202-337-8626). You get a colorful tech t-shirt, a great goodie bag, and your bib number. We time the race using bib numbers rather than chips, so please do not lose your bib. Wear it visibly in front, and don't remove the tear-off tag until after the race. On Saturday evening, May 4, at 6:30 PM, come join us at dinner with Michael Proulx, account executive at Competitor Group, author and frequent contributor to *Competitor Magazine*. His topic: How marathons have changed and grown over the past decade. Dinner tickets are \$20 at the door at Cosi Restaurant, 1801 North Lynn Street, Arlington VA, across Key Bridge from Georgetown Running Company.

Race-day: Directions: From Georgetown, take M Street west. Bear left at Foxhall Road onto Canal Road. Continue about 1.5 miles to the first break in the stone wall on your left, the entrance to Fletcher's Cove. With caution, turn left and go down the ramp into the tunnel on the right and then around a curve to free parking. When the parking at Fletcher's Cove is full, please turn right on Reservoir Road and park on any of the side streets or on MacArthur Boulevard and take the short walk downhill to Fletcher's Cove. [If you signed up for the Maryland start, drive past Fletcher's Cove, past Chain Bridge, onto Clara Barton Parkway, and continue about 1.5 miles to the first legal U-turn, then double back to Lock 5, about 0.3 miles east of Lock 6.] **Late packet pick-up** is Sunday, May 5, 6:15-7:45 AM, at Fletcher's Cove. [If you signed up for the Maryland start, our associate race director Liza Recto has your bib number at Lock 5.]

We offer clothes check-in at both starts, but no backpacks or duffel bags, please.

When you pick up your number, if you want to start at 7:00 AM, but your bib number says "8:00 AM," please tell the registrar to correct the roster. Conversely, please tell the registrar if you registered for the 7:00 AM start but you decide to start at 8:00 AM instead. Also inform the registrar if you want to change distances. Both 7:00 AM and 8:00 AM start times are official and can be used Boston Marathon qualifiers. Competitive awards are reserved for 8:00 AM marathoners, except we present Red Star WorldWear sunglasses to the first finishers M/F in the 7:00 AM half and full marathon and the 8:00 half marathon.. We also have a special prize – a \$500 gift certificate from Big Wheel Bikes – for the race director's choice of most valuable volunteer or outstanding runner. The aid stations will be set up in time for the 7:00 AM start. Please stay in the registration area until five minutes before your start so you don't obstruct the Towpath. The race director provides final instructions before whistling the start.

At 7:45 AM, nine-time Potomac River Run Marathon finisher **Michael Creadon**, trumpeter in the Old Guard Fife and Drum Corps at Fort Myer, plays the National Anthem.



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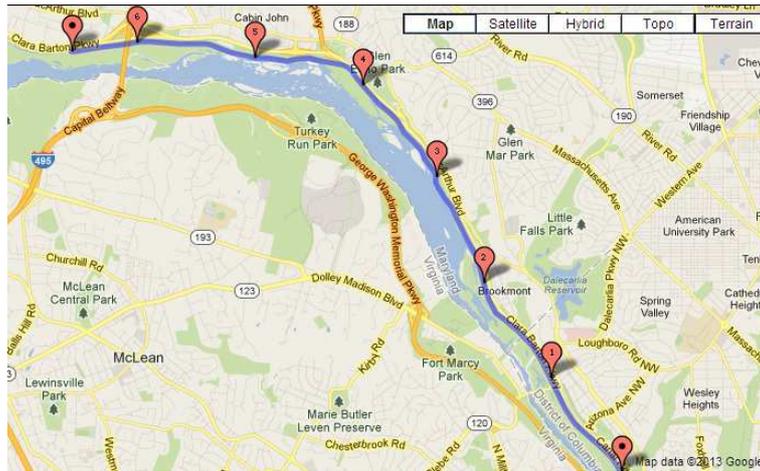
4461 Willard Avenue
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301-215-6355

at the DC end of Key Bridge

½ mile from Friendship Heights Metro



Expires July 31, 2013 – cannot be used with other discounts



Course: C&O Canal Towpath starts in Georgetown and continues 183 miles west, with milestones at every mile. The Towpath is only 12 feet wide, so please be careful. Stay away from the edge near the water. The half marathon course is out'n'back once; the full marathon is out'n'back twice. Fletcher's Cove is about 0.2 miles west of Milestone 3. The start goes westbound toward Maryland for 6.55 miles, past Milestones 4, 5, 6, 7, 8, and 9, turning around about 0.75 miles west of Milestone 9. When half marathoners return to Fletcher's Cove, they're done. When marathoners return to Fletcher's Cove, they are at the 13.1-mile midpoint. Our course marshals at the turnaround and the midpoint record bib numbers on old-fashioned clipboards and report back to the finish line by cell phone, so we know who runs the whole distance. [Maryland starters run 0.9 miles east, turn around 0.1 mile east of Chain Bridge, then join the main group.]

We thank our volunteers at aid stations: BuyaBrickFoundation TeamAfrica.com at Fletcher's Cove and Lock 5; DC Capital Striders at Lock 7, and Capital Area Runners at Lock 10. At each aid station, we offer water, Gatorade, and bananas. We have portable toilets from Don's Johns at Fletcher's Cove (6), Lock 5 (1), Lock 7 (1), and Lock 10 (1). Lock 5 also has permanent toilets.

Spectators can watch at Chain Bridge, Lock 5, Lock 6, Lock 7, Lock 8, Lock 9, and Lock 10. Parking at the locks is accessible only from eastbound Clara Barton Parkway.

The course is flat, except for slight rises at Lock 5 and under I-495 Capital Beltway outbound, slight drops at those points on the way back. Each rise is about 20 feet. Those two rises are the only paved segments of the course. With no hills, no turns, no cross streets, and soft surface for 26.2 miles, you can focus on running and have a really good time. The surface is rough gravel, however, so don't wear thin-soled shoes. I generally wear thick socks when I run on the Towpath. Even in early morning, you see other runners, cyclists, and trail users. Please always stay to the right and be courteous to other trail users. Please pay attention to the Towpath's milestones, as our permit does not allow mile signs on the course.

We care about each runner's safety. If you drop out, an aid station is always about a mile away, and the volunteers at all the aid stations have cell phones, extra vehicles, blankets in case of cold, and cold water in case of heat.

Post-race: Immediately after you finish the marathon – no waiting – at the finish line, we present cash awards to the top 3 males and females for \$250, \$150, and \$100, and we present gift certificates to the top 3 by 10-year age group (19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over) as soon as possible. Only 8:00 AM marathoners qualify for awards. About a week after the race, we mail any awards unclaimed on race day, along with colorful finisher certificates and printed results to everyone registered. Awards include gift certificates from Falls Road Running Store, Georgetown Running Company, Glory Days Grill, Great American Restaurants, Metro 29 Diner, and Spira Footwear,

When you finish, continue into the chute and give your tear-off tag to the finish line official. Every finisher gets a medal by Dan Kain Trophies. Grab a bottle of PowerAde donated by Marathon Charity Cooperation and walk down the stairs to the picnic area. Enjoy Dunkin' Donuts bagels, Honest Tea, Mario's Pizza, PowerBars, Whole Foods bananas, and other snacks. Please use the designated trash boxes near each aid station and at Fletcher's Cove.

Our official photographer is CBMTcreative, and our album is at www.backprint.com/cbmtcreative. If you take additional photos, please share them via our Facebook page www.facebook.com/group.php?gid=53196613490

Sponsors: Please sponsor us! It's not too late! See www.safetyandhealthfoundation.org/marathon, call us at 703-927-4833 or write racedirector@att.net.

Thank you -- Run in good humor and good health!

Jay Jacob Wind

Jay Jacob Wind, Director, Safety And Health Foundation