



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 3, 2015 • World Laughter Day



Dear Marathoner or Half-Marathoner:

Welcome to the 12th annual Potomac River Run Marathon & Half, presented by Safety And Health Foundation (SHF), sponsored by Georgetown Running Company, Jack Taylor's Alexandria Toyota / Scion, RBC Wealth Management, Big Wheel Bikes, Dr. Myles Schneider, Falls Road Running Store, Glory Days Grill, Great American Restaurants, Mario's Pizza House, Metro 29 Diner, QuicDisc Simply Carbs, SunRype, Timex, and Whole Foods Market.

We thank our sponsors, our volunteers, and you -- our participants -- for rating our 2004-2014 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, 4940 Canal Road NW, Washington DC.

Pre-race packet pick-up is Saturday, May 2, 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 full of stuff, and your bib number. We time the race using bib numbers rather than chips, so please do not lose or damage your bib number. Wear it visibly in front, and don't remove the tear-off tag until after the race.

On **Saturday, May 2, at 6:30 PM**, join us at dinner with Gib Leonard, leader of Buy A Brick Foundation (www.teamafrica.com), building clinics in Zimbabwe (Rhodesia), at Cosi Restaurant, 1801 North Lynn Street, Arlington VA, across Key Bridge from Georgetown. Dinner tickets are \$10 in advance, \$15 at the door, all you can eat.

Race-day packet pick-up is Sunday, May 3, 6:15-7:45 AM, on-site at Fletcher's Cove.

Directions: From Georgetown, take M Street west. Bear left at Foxhall Road onto Canal Road. Continue west for about two miles to a gap on the field stone wall on the left. **CAREFULLY** turn left down the driveway and into the parking area. **On the left** at the bottom of the driveway is **parking for about 30 cars**. **On the right** is a tunnel under C&O Canal and Towpath to a riverside parking lot with **parking for about 300 cars**. If all the parking is taken, we post a marshal at the top of the driveway to direct you instead to turn **RIGHT** turn onto Reservoir Road to **overflow parking** on V Street, Bending Lane, Hutchins Place, or MacArthur Boulevard. Packet pickup is at the picnic tables across a footbridge from the first parking area. Restrooms and portable toilets are also near the first parking area.

We offer clothes check-in at race-day packet pick-up, but please, no backpacks or duffel bags, and we prefer you leave your personal belongings in your car if you drive to the race.

When you pick up your bib number, please verify all the data. **If you want change your start time** from 8:00 AM to 7:00 AM, or from 7:00 AM to 8:00 AM, please tell the registrar to correct the roster, and please correct your name tag. **If you want to change your distance** from full marathon to half or from half to full, please inform the registrar and correct your name tag. 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 Timex watches 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. Our aid stations are set up in time for the 7:00 AM start. Please stay in the starting area until five minutes before your start so you don't obstruct the Towpath. **Please wear your bib number visibly on the front of your shirt**, not obscured in any way. Please **DO NOT REMOVE THE NAME TAG AT THE BOTTOM OF YOUR BIB NUMBER** until the finish line.

Before both starts, listen to "Showtime Mike" Mebrahtu's stand-up jokes and **certified laughter leader Diane Cohen**, celebrating World Laughter Day. At 7:45 AM, 11-time Potomac River Run Marathon finisher **Michael Creadon**, trumpeter in the Old Guard Fife and Drum Corps at Fort Myer, plays the National Anthem, followed by the race director's final instructions.



GEORGETOWN RUNNING COMPANY

www.run.com/store/georgetown-running-company

3405 M Street NW
Washington, DC 20007
202-337-8626
at the DC end of Key Bridge

4461 Willard Avenue
Chevy Chase, MD 20815
301-215-6355
½ mile from Friendship Heights Metro



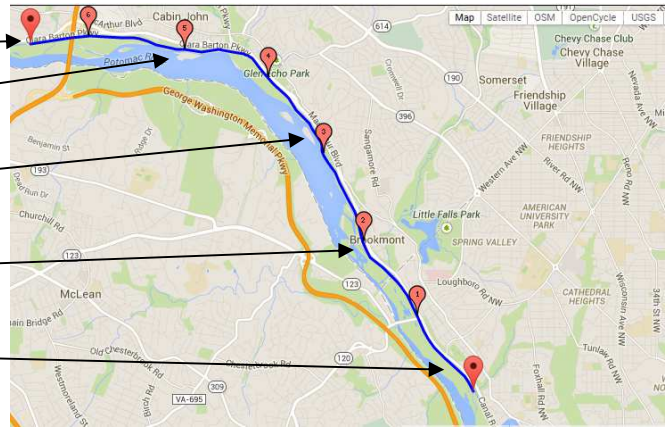
Turnaround point
6.55 miles NW of start / finish

Lock 10 aid station

Lock 7 aid station

Lock 5 aid station

Start / Marathon Midpoint / Finish
Fletcher's Cove, 4940 Canal Road NW, Washington DC



Source: <http://www.gmap-pedometer.com/?r=6428296>

Course Description: PLEASE READ THIS SECTION CAREFULLY. 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 cautious and **stay away from the edges** near the water. Fletcher's Cove is about two miles west of Key Bridge in Georgetown. The race starts at the wooden footbridge that crosses C&O Canal at Fletcher's Cove. The course runs westbound for 6.55 miles, past Milestones 4 (the DC/Maryland state line), 5, 6, 7, 8, and 9, **turning around 0.3 miles past I-495 Capital Beltway overpass**. If the weather is nice on Saturday, we post markers at each mile. Please also watch for the Towpath's milestones, in case we can't put out our mile markers.

The **half marathon** is out'n'back **once**; the **full marathon** is out'n'back **twice**. In the **half marathon**, when you return to Fletcher's Cove, **bear right and finish into the chute** marked with colorful flagging. In the **full marathon**, when you return to Fletcher's Cove, you are at the 13.1-mile midpoint. **Stay LEFT** into the refreshments tent, **turn LEFT** around the cones, and continue out for another 6.55 miles out'n'back. When you return to Fletcher's Cove the second time, **bear right and finish into the chute**. Please, do NOT wear earphones at the start, turnarounds, or finish.

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 can verify that everyone runs the whole distance.

We thank our volunteers at aid stations: BuyaBrickFoundation TeamAfrica.com at Fletcher's Cove, Lock 5, Lock 7, and the turnaround; and DC Capital Striders at Lock 10. At each aid station, we offer water and Gatorade. Please use the trash boxes on both sides of each aid station for your paper cups and other refuse. We want to keep the trail 100% clean. We have portable toilets from Gene's Johns at Fletcher's Cove and a permanent toilet at Lock 5.

Spectators can watch at Fletcher's Cove, Chain Bridge, Lock 5 (unmarked), Lock 6, Lock 7, Lock 8, Lock 9, Lock 10, all accessible **ONLY from eastbound Clara Barton Parkway**.

The course is flat, except for slight rises at Lock 5 outbound and under I-495 Capital Beltway and 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. **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, and space blankets.

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, and Metro 29 Diner.

When you finish, enter the chute and give your tear-off tag to the finish line official. Every finisher gets a medal by Dan Kain Trophies. Right after you finish, we offer water, Gatorade, Dunkin' Donuts bagels, Mario's Pizza, Simone Super Energy, SunRype fruit strips, Whole Foods bananas, and other snacks. Please use the designated trash boxes.

Our official photographer is Tony Estrada, www.backprint.com/tonyestrada/photography. If you take additional photos, please share them via our Facebook page www.facebook.com/groups/PotomacRiverRun

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 laughter and good health!

Jay Jacob Wind

Jay Jacob Wind, Director, Safety And Health Foundation