



2017 Alexandria Running Festival



We invite you to all the festival activities from Friday evening to Sunday noon. Please watch our race web page (www.mc-coop.org/arf) for all the details and any last minute changes.

Agenda of Activities

Friday, May 26th

5:00 -8:00 PM – **Early Packet Pickup** - Pacers Running Store, 1301 King Street, Alexandria, VA 22314

Avoid the lines on Saturday and Sunday morning and pick up your packet from the Pacers in Alexandria, VA. **The first 100 runners picking up their packet on Friday will receive a \$5 Pacers gift certificate to spend at the store that evening.**

Saturday, May 27th

8:00 - 10:00 AM - **Course Preview Run** – Pacers Running Store, 1301 King Street, Alexandria, VA 22314

Join the MCC Summer Training Program for a partial preview of the course. Meet at Pacers Running Store (1301 King Street) at 8 AM. The group will run 6 miles. You can turn around anytime and set your own distance. Post run food and drink will be available. As an added bonus, Pacers will be hosting a free equipment seminar in before the run. If you plan to attend, please sign-up at: <http://mc-coop.org/stpweeklysignup.aspx> by Thursday (5/25) at Noon.

1:00 – 5:00 PM - **Registration & Packet Pickup** – USPTO, 600 Dulany Street – **Lower Atrium**

Pick up your bib number, goodie bag, timing tag, and t-shirt. **Bring your friends and they can register on site!**

You can also purchase previous rate t-shirts.

1:00 – 5:00 PM - **Alexandria Running Festival Expo** - USPTO, 600 Dulany Street – **Lower Atrium**

Exhibitors include: Pacers Running Store, Dr. Ashis Roy, Palmercare Chiropractic, City of Alexandria's Go Alex Campaign

1:00 – 5:00 PM - **College of Running**, USPTO, 600 Dulany Street, Alexandria, VA – **Lower Atrium**

Join us for some fascinating seminars from experienced athletes and experts in their field.

Agenda	Time	Speaker
Welcome and Introduction	1:00 - 1:05 PM	Jay Jacob Wind, Secretary, Marathon Charity Cooperation
How Your Race Entry Improves the World	1:05 - 1:25 PM	Nicholas Panebianco, President, Marathon Charity Cooperation
Reaching Your Potential 101	1:30 - 2:15 PM	Ian Haskins, Men's XC Coach
Reaching Your Potential 102	2:15 – 3:00 PM	Walt Cline, Sports Performance Coach
Global Health Initiative	3:00 - 3:30 PM	Rachel Valentina
Planning Your Training Schedule	3:30 - 4:00 PM	Christopher Johnson
The Joy of Running	4:00 - 4:30 PM	Dr. Ashis Roy, cardiologist & 1st man from India to run 100 marathons
Course Preview & Healthy Hydration	4:30 - 5:00 PM	John Steitz, MCC Certified Running Coach

Sunday, May 28th

6:00 - 7:45 AM - **Late Registration & Packet Pickup** – US Patent & Trademark Office (USPTO), 600 Dulany Street, Alexandria

NOTE: Ace Physical Therapy & Sports Medicine Institute Half Marathon registration will close at 7:15 AM; Patient First Kids Kilometer at 7:30 AM and the Hope For Tomorrow 5K at 7:45AM

7:30 AM - Ace Physical Therapy & Sports Medicine Institute **Half Marathon Start** - North Lanes of Eisenhower Avenue between Elizabeth Lane and John Carlyle Street

7:45 AM – Patient First **Kids' Kilometer Start** - North Lanes of Eisenhower Avenue between Elizabeth Lane and John Carlyle Street

8:00 AM – **Hope For Tomorrow 5K Start**- North Lanes of Eisenhower Avenue between Elizabeth Lane and John Carlyle Street

8:30 – 11:00 AM – **Post Race Activities** - Refreshments, award ceremony and **RANDOM PRIZES** – USPTO

Family Festival from 8:30 AM to 11:30 AM		
<i>A celebration for all our families and to honor our Nation's military families</i>		
Activities Include:		
Balloon Artists	Caricature Artists	Face Painters

Getting to the USPTO: Directions to the USPTO office can be found at: <http://www.uspto.gov/about/contacts/locations/directions.jsp>.

Parking for the Expo (Saturday, May 27) and Race Day (Sunday, May 28):

All runners are asked to park in the USPTO **WEST** Parking Garage at **550 Elizabeth Lane, Alexandria, VA 22314**. **Parking is FREE**. This 3,000-space garage is conveniently located at the start/finish area. Exit the garage first floor and walk one ½ block down Elizabeth Lane to Eisenhower. The USPTO Eisenhower entrance is ½ block from the start/finish. Alternatively, you can exit the parking garage on the 3rd floor and take the breezeway to the USPTO Dulany Street entrance and proceed to the lower atrium.

NOTE: PLEASE NO NOT PARK in the lot directly across Eisenhower Ave from USPTO (where the Foster's Grille is located). If you park there you may be towed! Please don't ruin your day when more convenient FREE parking is available.

Race Day Information

- Runners should arrive at the starting line area **one hour** before the start of their race to ensure sufficient time to use the restroom and arrive at the starting line. Restrooms are available both in the USPTO atrium and porta-johns will be available near the start/finish.
- The Alexandria Police have asked for us to **STAY OFF the grass median** that separates the north and south lanes of Eisenhower Ave. All Eisenhower traffic will be diverted to those lanes and being in the median is not safe. Please be safe!
- Please wear your bib number visibly and firmly on the front of your shirt. Do not remove the tear-off tag until after the race.
- A bag drop will be available inside USPTO for runners on Race morning.
- **You can also purchase previous rate t-shirts.**

Aid Stations

We offer aid stations with water and Gatorade® Endurance at the start/finish and at each aid station. MCC's charity partners staff the aid stations to personally **THANK** our runners.

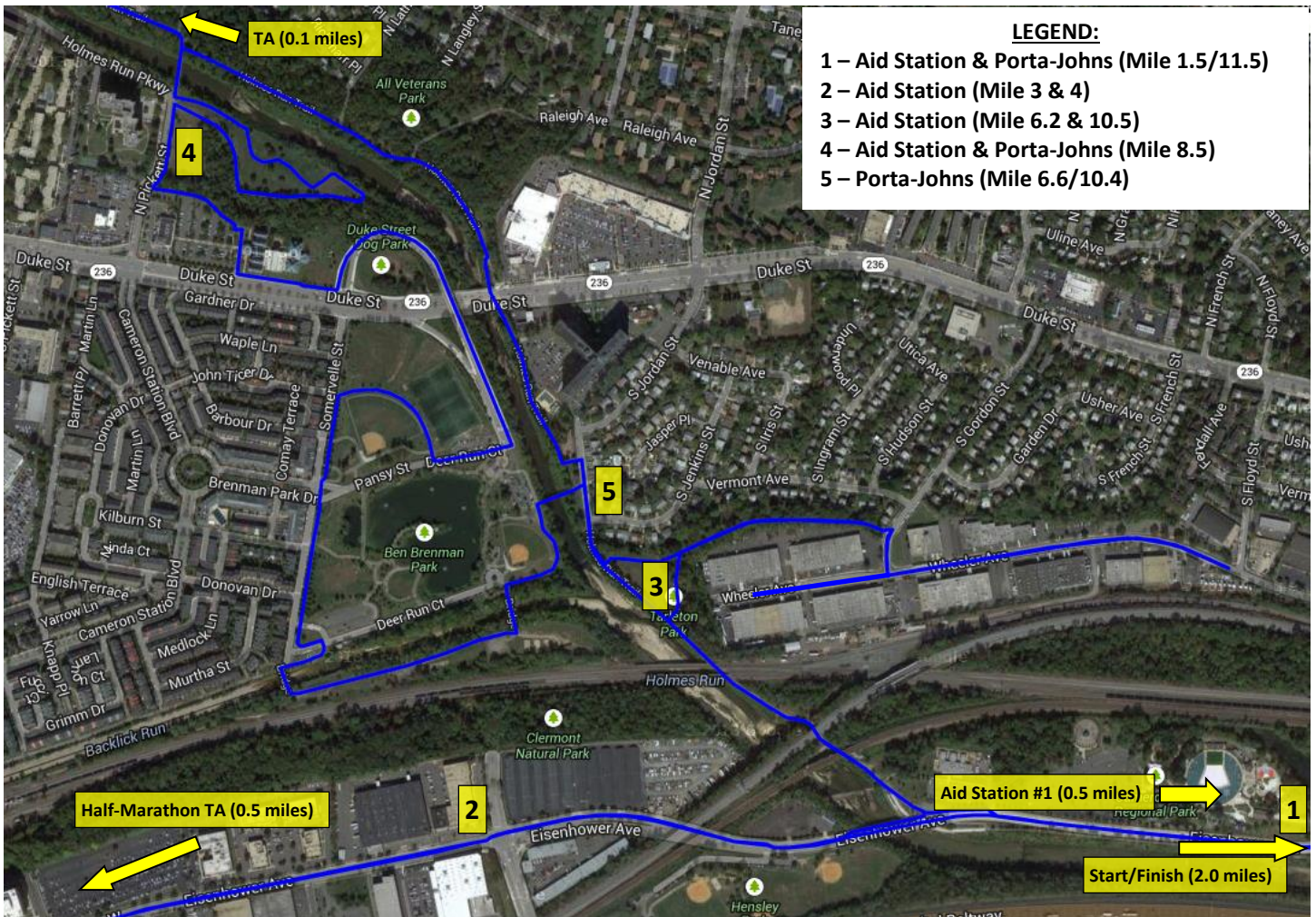
Awards

Top three male and female overall and top three 10-year age group winners for both the half-marathon and 5K will earn awards. Race-day random awards presented after the competitive awards include gift certificates from Pacers. **Must be present to win random prizes.**

Results

The results and award winners will be posted at: www.mc-coop.org within 24 hours of the race completion

Alexandria Running Festival – *Partial* 2017 ARF Half Marathon Course



The certified course map can be viewed at: <http://www.usatf.org/events/courses/maps/showMap.asp?courseID=VA14079RT>.

NOTE: The 5K course is a simple out and back that parallels the first 1.5 miles of the half marathon course along Eisenhower Avenue from USPTO to Cameron Parke Place and back. The certified 5K race course map can be viewed at:

<http://www.usatf.org/events/courses/maps/showMap.asp?courseID=VA12062RT>.

Half Marathon Turn-By-Turn Instructions

1. Start on Eisenhower Avenue in front of US Patent and Trademark Office. Run west on Eisenhower Avenue on RIGHT side of median strip. Stay on north side (westbound) lanes of Eisenhower Avenue. Pass aid station #1 at Bluestone Avenue and thank the volunteers. Pass Cameron Regional Park, Vola Lawson Animal Shelter, and the entrance to Holmes Run Park.
2. After you pass over Holmes Run, move to the left-hand side of the westbound lanes of Eisenhower Avenue. At this point, cones begin to separate runners westbound (outbound) from runners eastbound (inbound) on Eisenhower Avenue. Pass aid station #2 at Clermont Avenue and thank the volunteers.
3. Stay LEFT and make a right-hand U-turn around the cone near 5380 Eisenhower Avenue. Run east on the right-hand side of the two lanes. Pass aid station #2 again at Clermont Avenue and thank the volunteers.
4. At the overpass, bear LEFT onto the sidewalk and cross the concrete bridge over Holmes Run.
5. Turn LEFT onto the trail alongside Holmes Run. Stay on the right-hand side of the trail heading north alongside Holmes Run.
6. Veer RIGHT into Tarleton Park and proceed through the woods to South Gordon Street.
7. Turn RIGHT onto South Gordon Street, then another quick RIGHT onto Wheeler Avenue going west.
8. Go west on Wheeler Avenue for about 0.1 miles, make a left-hand U-turn around the cone and proceed east on Wheeler Avenue.
9. Proceed east on Wheeler Avenue past South Gordon Street to South Floyd Street, make a left-hand U-turn around the cone and proceed west on Wheeler Avenue.
10. Turn RIGHT onto South Gordon Street and then another quick LEFT back onto the Tarleton Trail.
11. Proceed on the Tarleton Trail back to the Holmes Run Trail and turn RIGHT. Pass aid station #3A and thank the volunteers.
12. Follow the Holmes Run Trail past North Ripley Street and proceed along the triangle grass median at Van Dorn Street and proceed back along the trail.
13. Turn RIGHT onto the bridge over Holmes Run and turn LEFT into All Veterans Park immediately after the bridge. Pass aid station #4.
14. Follow the park trail to the south end of the park and make a right-hand U-turn and proceed back out of the park long the tree line.
15. Turn LEFT to exit the park onto the sidewalk along North Pickett Street.
16. Turn LEFT from the sidewalk alongside Pickett Street onto the sidewalk/parking road toward Beatley Library.
17. Turn RIGHT at Beatley Library proceed through the parking lot and past Beatley Library main entrance.
18. Turn LEFT onto the sidewalk alongside Duke Street.
19. Turn LEFT from the sidewalk alongside Duke Street onto the exit ramp into Ben Brenman Park. Alexandria Police will close the road. The ramp crosses over Duke Street into the park. Alexandria Police will close the park so no traffic will be present during the race. Continue on ramp road into the park.
20. Turn RIGHT at the marshal and cone onto Deer Run Court (in the park).
21. Turn RIGHT onto a trail curving around a baseball field.
22. Turn LEFT at the end of the trail onto the paved sidewalk trail alongside Somerville Street. A course marshal will guide you through the cross walk at Pansy Street
23. Turn LEFT and stay on the paved trail at the end of Somerville Street. Follow the course marshals' directions. Turn RIGHT to cross the first road, continue straight across the second road, and turn RIGHT to return onto the trail along Backlick Run.
24. Turn LEFT onto a footbridge crossing Backlick Run.
25. Turn LEFT again on a dirt trail paralleling railroad tracks.
26. Turn LEFT onto a footbridge crossing the Backlick Run and onto a paved trail.
27. Enter Ben Brenman Park again and follow the path around the softball field.
28. Turn RIGHT and cross the bridge over Holmes Run and then turn RIGHT after the bridge and proceed south on Holmes Run Trail.
29. Proceed on the Holmes Run Trail back to Eisenhower Avenue. Pass aid station #3B along the trail and thank the volunteers.
30. When you return to Eisenhower Avenue, turn LEFT onto the sidewalk alongside Eisenhower Avenue.
31. At the driveway past Vola Lawson Animal Shelter, turn RIGHT off the sidewalk onto the road. Pass aid station #1 at Bluestone Avenue.
32. Continue east on Eisenhower Avenue back to the finish line in front of USPTO.

If you need ANY medical or assistance on the course, please notify any course marshal or aid station volunteer.