



Marathon
Charity
Cooperation

Carderock Running Festival Sunday, May 19th, 2019 Marathon Charity Cooperation



http://www.mc-coop.org/carderock_running_festival.aspx

Dear Runners:

Welcome to the **Carderock Running Festival (CRF)**, presented by **Marathon Charity Cooperation (MCC)**.

We thank our sponsors, our volunteers, and you - our participants for joining us. Our goal is to make CRF a premier, runner-friendly race. We are very happy to be able to use the C&O Canal Towpath, from **Carderock Recreation Area**, Clara Barton Parkway, Carderock, MD, as our course.

Late Registration: The online registration will be open until 7:00 AM on May 19th. Please visit http://www.mc-coop.org/carderock_running_festival.aspx to register online or you can register on Saturday, May 18th, 10:00 AM - 2:00 PM, at Pacers Running Store, 3100 Clarendon Blvd., Arlington, VA 22201, (703) 248-6883.

Pre-race: Packet pick-up (including bib number) is Saturday, May 18th, 10:00 AM - 2:00 PM, at Pacers Running Store, 3100 Clarendon Blvd., Arlington, VA 22201, (703) 248-6883. The store is located directly across from the **Clarendon Metro Station**. Metered parking is also available on street near the store.

Race-day: Parking is available at the start/finish area. Portable toilets will be deployed near the Start/Finish area, at Lock 7, and at Lock 10.

Directions to Start Area: C&O Canal Tow Path, Carderock Recreation Area, Clara Barton Parkway, Carderock, MD can be found at the following link: link:
<https://www.google.com/maps/place/Carderock+Recreation+Area/@38.9715697,-77.2018849,17z>

Race-day packet pick-up: Packets can be picked up on Race Day at the Carderock Picnic Pavilion near the race start area, Sunday, May 19th, 6:30-7:15 AM for the half-marathon and until 7:45AM for the 5K.

Scoring: Per USATF rules, scoring is based on clock time, and not net time.

Course: Flat, fast, 100% unpaved gravel, scenic views of the Potomac River – starts between mileposts 10 and 11. The start is west bound towards Carderock, Maryland. The Towpath is only 12 feet wide, so please be careful. Stay away from the edge near the water. Both races are out and back heading down river towards Washington, DC. The 5K turnaround is at the Lock 10 and the half marathon turnaround is about 1 mile past the Lock 5 aid station. Course marshals will be at the turnarounds.

PLEASE NOTE: There is a temporary bypass trail for approximately 0.2 miles between mileposts 8.8 to 9.0.

Aid stations: We offer aid stations with water and Gatorade at Lock 10 (1.5 miles out & 11.5 miles in), Lock 7 (3.5 miles out & 9.5 miles in), and Lock 5 (5.5 miles out & 7.5 miles in). We have portable toilets at Lock 10, Lock 7 and Lock 5.

Please wear your bib number visibly and firmly on the front of your shirt. Please do not remove the tear-off tag until after the race.

We care about each runner's safety. If you drop out, the closest aid station should be within about 2 miles, and all the aid stations have volunteers, cell phones, and extra vehicles to transfer runners back to the start/finish as necessary.

Post-race: Grab a drink and walk to picnic area for our post-race picnic.

Volunteers: MCC's charity partners staff the aid stations to personally **THANK** our runners and provide all the volunteers to support rest of the activities.

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

Nicholas Panebianco
RRCA Certified Race Director
Marathon Charity Cooperation