



Marathon
Charity
Cooperation

Revenge of the Penguins
Sunday, September 15, 2019
Marathon Charity Cooperation
11802 Forest Heights Ct • Hendon VA 20170
racedirector@mc-coop.org • 703-906-3766
http://mc-coop.org/revenge_of_the_penguins.aspx



Dear 20 Mile and 10 Mile Runners:

Welcome to the **12th Annual Revenge of the Penguins 20 Miler & 10 Miler Run (ROTP)**, presented by **Marathon Charity Cooperation (MCC)**.

We thank our sponsors, our volunteers, and you - our participants for joining us every year. Our goal is to make ROTP the premier, runner-friendly race and to prepare each runner for the Marine Corps Marathon. 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 8:00 AM on September 15th. Please visit http://mc-coop.org/revenge_of_the_penguins.aspx to register online or you can register on Saturday, September 14th, 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, September 14th, 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.

Any runner who registered by Aug. 14th will get a Race Premium (*any late registrants, please check after the race for availability*).

Race-day: Parking in the start/finish area is limited, so we encourage that our runners carpool. Portable toilets from Bobby's Pottys 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,-77.2019849,17z>

Race-day packet pick-up: Packets can be picked up on Race Day at the Carderock Picnic Pavilion near the race start area, Sunday, September 15th, 7:00-7:45 AM.

Race Distance Change: If you plan to change your distance (10 miles instead of 20 miles, or vice versa), please report to Assistant Race Director (Seetharaman Nandyal) at the information table before the race so we can adjust your event in the database and score you correctly.

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

Race Premium: The runners, who registered after Aug. 14th, please check for the availability of the premiums after the race on race day.

Course: Flat, fast, 100% unpaved gravel, scenic views of the Potomac River – starts between mileposts 10 and 11. The start is westbound towards Carderock, Maryland. The Towpath is only 12 feet wide, so please be careful. Stay away from the edge near the water. The runners will start running up river and will turn just before milepost 12. Both races will proceed down river and turnaround just after milepost 7 for 10 milers and just after milepost 2 for 20 milers. After the second turn around all runners will proceed back up river to start/finish area. Course marshals will be at the turnarounds.

Aid stations: We offer aid stations with water and Gatorade near Start/Finish (3.0 miles out); Lock 10 (4.5 miles out, 18.5 miles back), Lock 7 (6.5 miles out, 16.5 back back), Lock 5 (8.5 miles out and 14.5 miles back), near Fletcher's Boat house (10.25 miles out, 12.75 miles back). We have portable toilets at Lock 10 (4.5 miles out, 18.5

miles back) and Lock 7 (6.5 miles out, 16.5 miles back). There are also portable toilets at Lock 5 (8.5 miles out and 14.5 miles back) and permanent restrooms at Fletcher's Boat house (10.25 miles out, 12.75 miles back). 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.

The Towpath has milestones at each mile. Start line is at about Mile 10.5, so you will turn 100 yards before milepost 12 to just after milepost 7 for 10-Mile or 100 yards before milepost 12 to just after milepost 2 for 20-mile race.

We care about each runner's safety. If you drop out, the closest aid station should be about a mile away, 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. Enjoy Gatorade, bananas, bagels, pizza, and other snacks.

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.

Sponsors: Please sponsor us! It's not too late! See http://mc-coop.org/revenge_of_the_penguins.aspx, call us at 703-906-3766 or write racedirector@mc-coop.org.

Carpool to Penguins and Get Premium Reserved Parking Space. Since parking at Carderock Recreation Area is limited, MCC is providing a **priority service** for runners who carpool to the race.

Any registered runner who arrives at the race in a car with at least two other registered runners will receive a reserved parking space. To be eligible, you must be a registered runner for the race **AND** you must send a message to racedirector@mc-coop.org before midnight on Friday, September 6th. Please include the name of all the runners who will be in your car.

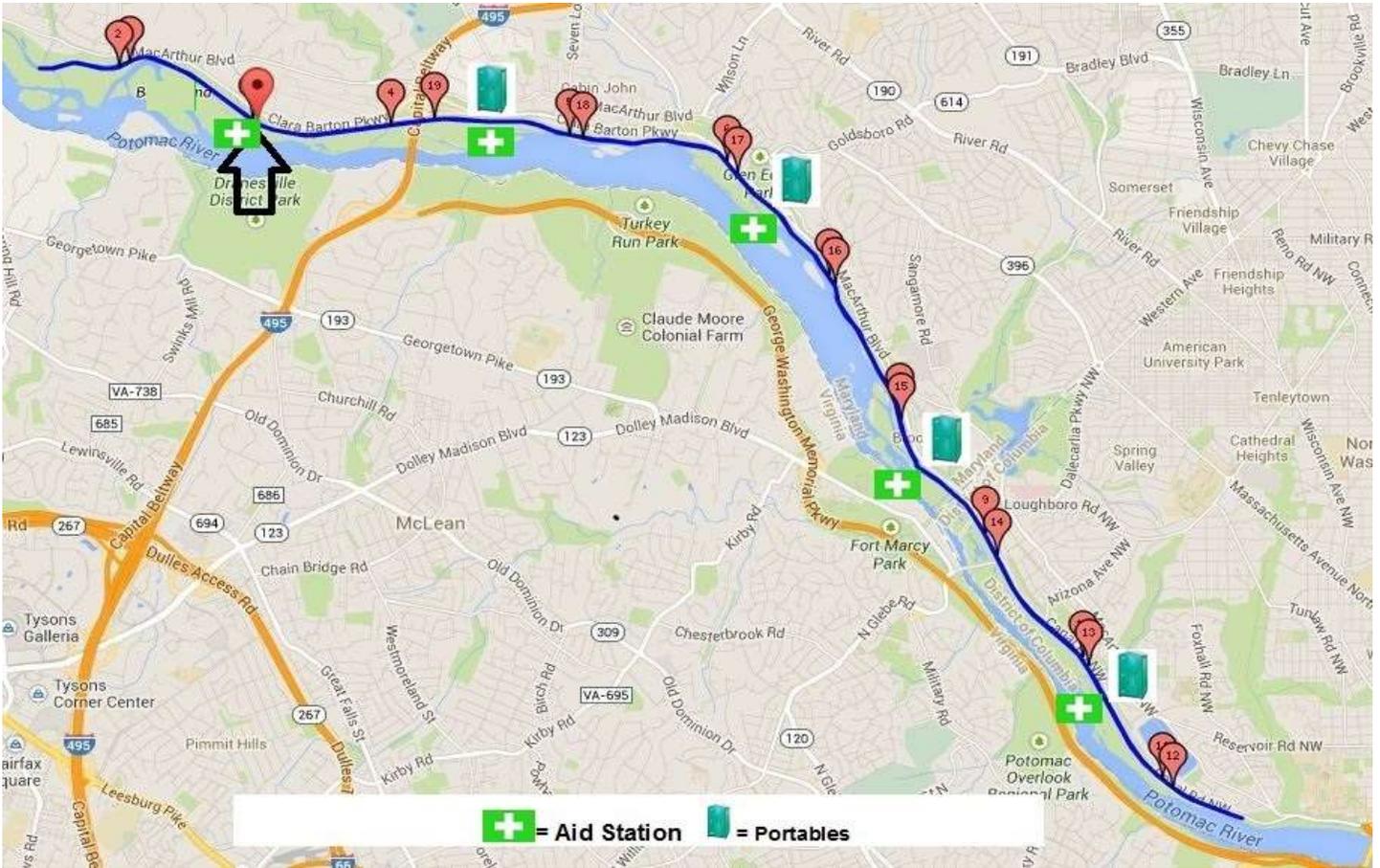
The runners, who have registered for the carpool before the deadline, must arrive at the race before 7:00 AM. Please let the traffic marshals know that you have signed up for carpool and will be directed to the reserved parking lot.

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

Subhash C. Goel
RRCA Certified Race Director
Marathon Charity Cooperation

20-Mile Race Map

<http://www.gmap-pedometer.com/?r=6405561>



10-Mile Race Map

<http://www.gmap-pedometer.com/?r=6405540>

