



Marathon  
Charity  
Cooperation

**Revenge of the Penguins**  
**Sunday, September 19, 2021**  
**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](http://mc-coop.org/revenge_of_the_penguins.aspx)



**Dear 20 Mile and 10 Mile Runners:**

Welcome to the **13<sup>th</sup> 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 for runners planning a fall half or full 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 19<sup>th</sup>. Please visit [http://mc-coop.org/revenge\\_of\\_the\\_penguins.aspx](http://mc-coop.org/revenge_of_the_penguins.aspx) to register online.

**Covid-19 Update:** On August 16, the National Park Service implemented an updated masking policy available <https://www.nps.gov/orgs/1207/covid-mask-requirement.htm>. As a result, participants will be required to wear masks both before and after the race, **but not during the race**. Masks will be required both in the picnic area and while waiting in the starting line corrals. Masks may be removed once each runner departs the starting corral. At this time, our plan is to line up in two waves (1st wave will be for 20 miler runners and 2nd wave will be for 10 miler runners).

**For your safety and safety of others around you, we ask that please do not participate in the race if you feel any of the symptoms of Covid-19 or have been exposed to anyone who has tested positive for the virus.**

**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 5, 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 19<sup>th</sup>, 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.

**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), Lock 7 (6.5 miles out, 16.5 miles back) and Lock 5 (8.5 miles out and 14.5 miles back). There are

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 less than two miles 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.

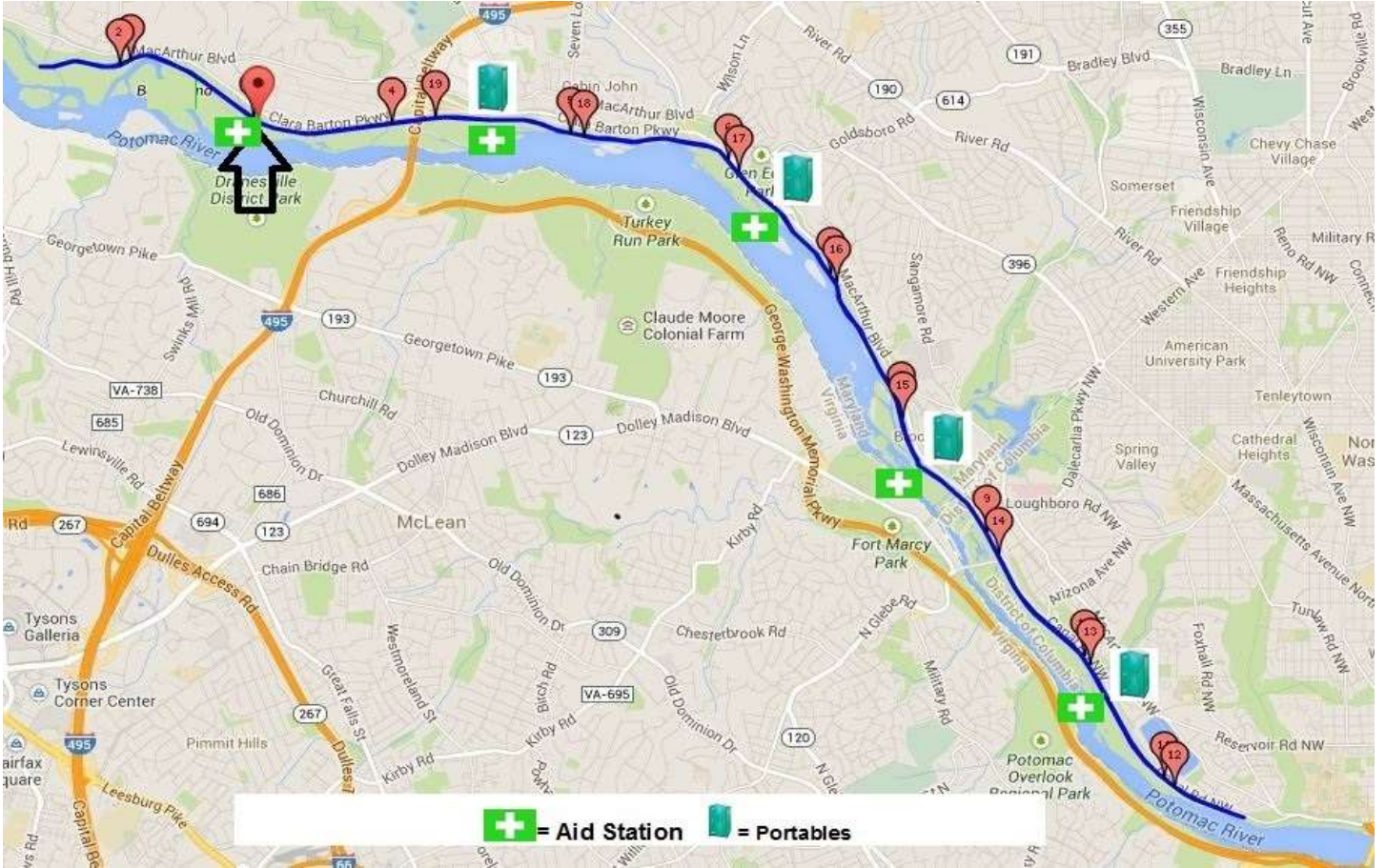
**Sponsors:** Please sponsor us! It's not too late! See [http://mc-coop.org/revange\\_of\\_the\\_penguins.aspx](http://mc-coop.org/revange_of_the_penguins.aspx), call us at 703-906-3766 or write [racedirector@mc-coop.org](mailto:racedirector@mc-coop.org).

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>

