



Marathon
Charity
Cooperation

Carderock Running Festival Sunday, May 18th, 2025 Marathon Charity Cooperation

<https://mc-coop.org/crf/>



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 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 <https://secure.getmeregistered.com/CardRunFest> to register online.

Race-day packet pick-up: Packets can be picked up on Race Day at the Carderock parking lot #1 near the race start area, Sunday, May 18th, 6:30-7:15 AM.

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

Directions to Start Area: C&O Canal Tow Path, **Carderock Recreation Area**, Clara Barton Parkway, Carderock, MD 20854.

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 east bound towards Washington, DC. 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 0.1 miles past Lock 10 and the half marathon turnaround approximately 1 mile past the Lock 5. Course marshals will be at the turnarounds.

Aid stations: We offer aid stations with water and Gatorade at Lock 10 (1.5 miles & 11.5 miles), Lock 7 (3.5 miles & 9.5 miles), and Lock 6 (5.0 miles & 8.0 miles). We have portable toilets at the start/finish and at Lock 7.

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. In addition, we will have several bike marshals on the course that can provide aid as necessary.

Post-race: Grab a drink and a snack and bask in your accomplishment and enjoy the beautiful scenery.

Volunteers: **MCC's Charity Partners** staff the aid stations and provide all race support to personally **THANK** our runners for participating and supporting our charitable efforts.

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

Nicholas Panebianco
RRCA Certified Race Director
Marathon Charity Cooperation President