

7th Annual



# POTOMAC RIVER RUN MARATHON Sunday, May 2, 2010 - 7:00 am

Marathon Charity Cooperation  
www.mc-coop.org



The easiest marathon in America - Celebrating **World Laughter Day**

On the historic C&O Canal Towpath -- Start & finish at Carderock Recreation Area  
Enter early at [www.mc-coop.org/marathon](http://www.mc-coop.org/marathon) and save \$10!

- Course
  - Flat - scenic – tree-lined - shaded – beautiful views of Potomac River – **USATF-certified course MD-09009-RT**
  - A Boston Qualifier marathon • Finisher certificates and complete results by mail
- Enjoy!
  - Enjoy a lovely day on the C&O Canal Towpath! See displays about the historic C&O Canal before & after race
  - Colorful, technical grade t-shirt – by **sport science**® • Goodie bag with samples, coupons & gift certificates
- Pre-Race
  - Packet pick-up Saturday, May 1, 2:00–6:00 PM, at Alexandria Hilton, 1767 King Street (703-837-0440)
  - College of Running – free seminars on a variety of running topics
  - First-aid certification class for athletes, volunteers, and race directors (call Chrissy Fauls 571-426-8418 to RSVP)
  - Pasta dinner at 6:30 PM featuring **Dana Casanave** – the first woman to run 52 marathons on 52 weekends
- Race-Day
  - Packet pick-up Sunday, May 2, 5:30–6:45 AM, at Carderock Recreation Area
  - 6:45 AM – National Anthem, played Michael Creadon and Joseph Lovinsky
  - 6:55 AM – Official welcome by Mrs. Maryland International 2010 Angel McCoy
  - Aid stations at Lock 10 (High Cloud Foundation), Lock 7 (DC Capital Striders), and Lock 5 (Capital Area Runners)
  - Refreshments courtesy of sponsors, medals by Dan Kain Trophies, presentation of awards
- Awards
  - \$250 to 1<sup>st</sup>, \$150 to 2<sup>nd</sup>, \$100 to 3<sup>rd</sup> M/F – Georgetown Running Co. certificates to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> 10-year age-group M/F
- Benefits
  - **Marathon Charity Cooperation** and its partners and American Red Cross International Response Fund in Haiti
- Open to all
  - 300 marathoners of all abilities who can cover the course in less than 6 hours (you may request a 6:00 AM start)
- Directions
  - From I-495 north of American Legion Bridge in MD, take Exit 41 onto westbound Clara Barton Parkway
  - After 1.0 mile, bear right and take the first exit to the right (Carderock | Naval Surface Warfare Center)
  - Turn left on the bridge; follow it through a tunnel under the C&O Canal Towpath
  - Drive 0.3 miles to a T-junction. Turn right and continue to westmost parking lot
- Lodging
  - \$119 at Key Bridge Marriott, 1401 Lee Highway in Arlington (1-800-676-2959, group MCMCMA by April 15)
- Parking
  - We have about 150 free parking spaces. Please carpool or use our **Facebook page** to share a ride.
- Sponsor us!
  - [www.mc-coop.org/marathon/sponsor.doc](http://www.mc-coop.org/marathon/sponsor.doc) or contact 703-927-4833 / [racedirector@att.net](mailto:racedirector@att.net)



**POTOMAC RIVER RUN MARATHON • REGISTRATION FORM**  
Make checks payable to MCC • 2776 South Arlington Mill Drive #246 • Arlington VA 22206

By entering this event, I agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run in competitive runs unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Marathon Charity Cooperation, RRCA, USATF, National Park Service, and all sponsors of this event, their directors, officers, employees, agents, representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I acknowledge that the application fee shall be non-refundable. I agree that the organizers of this event may use my name and likeness for publicity purposes.

Signature \_\_\_\_\_ (parent or guardian if under 18)

Name \_\_\_\_\_ Gender [ ] (M | F) Age on 5/2/2010 [ ] [ ]  
Address \_\_\_\_\_ Birthday \_\_\_\_ - \_\_\_\_ - \_\_\_\_ (mm-dd-yyyy)  
City ST ZIP \_\_\_\_\_  
E-mail \_\_\_\_\_  
Phone \_\_\_\_ - \_\_\_\_ - \_\_\_\_ T-shirt [ ] (XS | S | M | L | XL | XXL)  
Best Marathon \_\_: \_\_ : \_\_ Where/When? \_\_\_\_\_

Enclosed is my entry fee, payable to MCC [ ] Optional: I want to start at 6:00 AM

MEMBERS OF MCC	NON-MEMBERS	
[ ] \$60 by April 30, 2010	[ ] \$70 by April 30, 2010	
[ ] \$70 on May 1, 2010 at packet pickup	[ ] \$80 on May 1, 2010 at packet pickup	No race-day registration, please
[ ] Enclosed is an additional tax-deductible donation		
\$ ____ to MCC \$ ____ to MCC partner charity _____		
\$ ____ to American Red Cross International Response Fund in Haiti		

**OPTIONAL: MCC Membership Application – Join MCC and save \$10 on each of our programs and races**

MCC's Mission: Marathon Charity Cooperation (MCC) is a non-profit corporation organized as a charitable and educational foundation for the benefit of the public both locally and globally. The MCC mission includes funding a cooperative of non-profit member-charities who both benefit from and contribute to the events hosted. Our events provide opportunities for personal and professional growth in addition to education of the public serving people of all ages.

[ ] I apply for 2010 membership in Marathon Charity Cooperation. Enclosed is my check to MCC for \$10

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