



# 2017 Marine Corps Marathon Weekend Manual

Team Travis & Brendan

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# Contacts

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## **Team Travis and Brendan Primary POC:**

Amanda Bieler

Mobile: (267) 337-4303

Email: [Amanda.bieler@travismanion.com](mailto:Amanda.bieler@travismanion.com)

## **Team Travis and Brendan Secondary POC:**

Krista Foy

Mobile: (215) 896-9583

Email: [kristafoy@travismanion.com](mailto:kristafoy@travismanion.com)

# Weekend Events

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## **Friday, October 20, 2017-**

### **MCM EXPO:**

**Hours:** 10:00am-6:00pm

**Location:** The Gaylord National Harbor and Convention Center

*201 Waterfront St.  
National Harbor, MD 20745*

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## **Saturday, October 21, 2017-**

### **MCM EXPO:**

**Hours:** 8:00am-5:00pm

**Location:** The Gaylord National Harbor and Convention Center  
*201 Waterfront St. National Harbor, MD 20745*

### **TEAM TRAVIS AND BRENDAN DINNER, GRAND BALLROOM:**

**Hours:** 6:00pm-8:30pm

\*\*Cocktails begin at 6:00 pm, dinner starts at 7:00 pm

**Location:** Renaissance Arlington Capital View Hotel  
*2800 Potomac Ave. Arlington, VA 22202*

\*\*Please RSVP to the dinner **no later than October 9** by [visiting this link](#)

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## **Sunday, October 22, 2017-**

### **MARINE CORPS MARATHON:**

**Start Time:** \*\*7:55am

\*\*It is recommended that runners arrive 2 hours prior to the start time

**Start time for wheelchair and hand cycle participants:** 7:45am

**Start Location:** Arlington, VA Rt. 110 between Arlington National Cemetery & the Pentagon

**MARINE CORPS MARATHON 10K:**

**Start Time:** 7:55am

**Start Location:** National Mall, in front of the National Gallery of Art West Building  
Madison Drive between 4<sup>th</sup> and 7<sup>th</sup> St. NW

**TEAM TRAVIS AND BRENDAN CATERED TENT:**

**Time:** Open 7:30am-3:30pm

**Location:** Charity Village, next to the Netherlands Carillon on the Marine Corps War Memorial grounds

We will have food, refreshments, and coffee for runners, family, and friends. You are welcome to leave your items at the tent before the race starts but the Travis Manion Foundation assumes no responsibility for lost or stolen items. Please see the map on page #19.

# Getting to the Expo

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The MCM will provide free shuttle service to the Gaylord National Resort & Convention Center on Friday and Saturday from designated Metro stations (see infographic below). Participants and guests are instructed to utilize shuttles for easiest access to the Health & Fitness Expo.

To reduce traffic congestion, participants are encouraged to utilize the Metro and the MCM Shuttle service to arrive at the Health & Fitness Expo on Friday and Saturday, October 20-21. Free roundtrip shuttles will run from Eisenhower (yellow) and Van Dorn (blue) Metro stations to the Gaylord from **8:30am-10:00pm on Friday** and **7:00am-9:00pm on Saturday**.

Runners who opt to drive to the Expo may park at one of the three National Harbor garages or at the Gaylord. There is a fee for parking in these lots with a maximum charge of \$18 per day in the National Harbor garages or \$30 per day at the Gaylord.



# Expo Packet Pick-Up

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All Team Travis and Brendan participants will have 2 packets to pick up. One will be your official MCM Packet at the MCM Expo, which includes your race bib. The second is your Team Travis and Brendan packet, which includes your official Team Travis and Brendan Under Armour shirt and other fun swag items. Team Travis and Brendan packets are available for pick up at the Expo booth. If you cannot make it to the Expo, please contact Amanda Bieler **no later than Wednesday, October 11** at (267) 337-4303 to make different arrangements.

## **MCM EXPO HOURS:**

**Friday, October 20, 2017-**

**Hours:** 10:00am-6:00pm

**Saturday, October 21, 2017-**

**Hours:** 8:00am-5:00pm

## **MCM EXPO LOCATION:**

The Gaylord National Resort and Convention Center

*201 Waterfront St. National Harbor, MD 20745*

# Expo Packet Release/Proxy Form

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In the event that you cannot make it to the MCM Expo to pick up your packet and bib, you may have someone go and pick it up for you. They must bring a printed version of your E-Card and a copy of BOTH THE RUNNER'S and the PROXY'S (the person picking it up for you) Photo ID. You must complete the portion on your E-card that is designated to authorize the proxy to pick up your bib. All documents must be present in order for the packet to be released. Please contact the MCM directly with any questions or Amanda at [amanda.bieler@travismanion.org](mailto:amanda.bieler@travismanion.org).

**PLEASE NOTE THERE IS NO RACE DAY PICK UP. YOU OR A PROXY MUST GET YOUR PACKET DURING MCM EXPO OPERATING HOURS (see page #7 for hours).**

E-card links have been sent to all inboxes! If you're picking up a packet for someone, please fill out this sheet and follow the directions provided above.

## Merchandise

Merchandise will be available at the Travis Manion Foundation Expo booth during Expo operating hours (provided on page #7) on Friday, Oct. 20 and Saturday, Oct. 21. This is a great way to meet some TMF staff, pick up your TMF packet, and purchase some AWESOME attire! See the next page for an image of our booth from last year's Expo, and if you can't make it, then visit our eStore at [www.shop.travismanion.org](http://www.shop.travismanion.org).



# MCM Expo Booth

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# MCM Expo Map

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**\*\*MAP COMING SOON\*\***

# Team Dinner

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Date: Saturday, October 21, 2017

Time: \*6:00pm, dinner and program to start at 7:00pm

\*Cocktails start at this time

Location: Renaissance Arlington Capital View Hotel  
Grand Ballroom (located on second floor)  
2800 Potomac Avenue Arlington, VA 22202

Shuttle Services will be available for pick-up and drop-off--

Pick-up times: From the Hyatt Arlington in Rosslyn, at 5:30pm and 5:45pm, to  
Renaissance Arlington Capital View Hotel (dinner hotel)

Drop-off times: 2 trips will be made following the dinner (around 9pm) back to  
Hyatt Arlington in Rosslyn

Attire: Business casual

Dinner includes cocktail hour with open bar and hors d'oeuvres, dinner, coffee,  
and dessert.

**Deadline to register- Monday, October 9, 2017**

Registration link- <https://donate.travismanion.org/arlington/events/2017-mcm-team-dinner/e141351>

# Marathon Day

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All Team Travis and Brendan runners are welcome to meet in the lobby at Hyatt Arlington at **6:30am** to get a group picture and walk over to the start line together.

Hyatt Arlington address:

1325 Wilson Boulevard Arlington, VA 22209

--Metro stop at Hyatt Arlington: Rosslyn Station (located across the street from Hyatt Arlington)

# Metro Directions to Marathon Start

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Metro opens at 6:00am on Marathon Day; the closest Metro access to the start is the Pentagon Station

We recommend that you load money onto your SmarTrip card before race day to avoid lines and stress!

## Marathon Start Times:

Wheelchair and Handcycle participants- \*\*7:45am

Runners- \*\*7:55am

\*\*It is recommended that runners arrive 2 hours prior to start time to proceed through security checkpoint

## MCM Start Line:

Located on Route 110 (all lanes) halfway between the Pentagon and Arlington Memorial Drive

## Options for getting to the start line:

Option 1.-Meet the team at the Hyatt Arlington at 6:30am, and walk over

Walking Directions—About 20 min. walk from Hyatt to start line

- a. Starting at Hyatt Arlington, head east on Wilson Blvd. toward N. Fort Meyer Dr.
- b. Turn right onto N. Fort Myer Dr.
- c. Continue onto N. Meade St.
- d. Take a slight left, and then a slight right toward N. Marshall Dr.
- e. Turn left toward N. Marshall Dr and take it down to the security check point

Option 2.--Take the Metro from Crystal City (directions below)

From Renaissance Arlington Capital View Hotel (host hotel) to Pentagon Station (closest stop to start line)—Total trip time: 26 mins.

1. Walk approximately 0.1 miles to the Crystal City Transitway & 27<sup>th</sup> St.
2. Depart from Crystal City Transitway & 27<sup>th</sup> St.
3. Board Metro towards Metroway-Pentagon City
4. Exit at S Hayes St & 12<sup>th</sup> St. S
5. Pentagon City Metro Station
6. Blue Line to Largo Towne Center
7. Exit at Pentagon Metro Station
8. Walk approximately 0.1 miles to your destination

\$3.75 SmarTrip Fare

\$1.60 SmarTrip Fare (Senior/Disable/Medicare)

**If you need Metro directions from your specific hotel location, please visit [www.wmata.com](http://www.wmata.com)**

# Metro Directions to 10K Start

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Metro opens at 6:00am on Marathon Day; the closest Metro station to the 10K start is The Archives/Navy Memorial/Penn Quarter station (green/yellow)

## 10K Start Time:

7:55am

## **\*\*PLEASE NOTE CHANGE IN 10K START LINE FROM LAST YEAR:**

National Mall- National Mall, in front of the National Gallery of Art West Building  
Madison Drive between 4<sup>th</sup> and 7<sup>th</sup> St. NW

## Traveling Options:

From Renaissance Arlington Capital View Hotel to The Archives/Navy Memorial/Penn Quarter Station(closest to 10K start)- Total trip time: 35 mins

1. Walk approximately 0.1 miles to Crystal City Transitway & 27<sup>th</sup> St.
2. Board Metroway towards Metroway-Crystal City Exit at S Bell St. & 18<sup>th</sup> St. (Bus Bay C)
3. Take Crystal City Metro Station to Mount Vernon Square
4. Exit at Archives Metro Station

\$3.95 SmarTrip Fare

\$1.70 SmarTrip Fare(Senior/Disabled/Medicare)

From Hyatt Arlington to The Archives/Navy Memorial/Penn Quarter Station(closest to 10K start)- Total trip time: 24 mins

1. Walk approximately 0.1 miles to Rosslyn Metro Station
2. Enter station using Ft Myer Dr. between 19<sup>th</sup> St. & Wilson Blvd. entrance
3. Board the blue line in Rosslyn Metro Station to Franconia-Springfield
4. Exit at Pentagon Metro Station
5. Take Pentagon Metro Station to Mount Vernon Square
6. Exit at Archives Metro Station

\$2.25 SmarTrip Fare

\$1.10 SmarTrip Fare(Senior/Disabled/Medicare)



# MCM Course Map



# MCM 10K Course Map



## Team Travis and Brendan Tent Location

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**\*\*COMING SOON\*\***

# Social Media and Remote Runner Tracking

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## **For the Runner—Runner Broadcast Service**

Runners may announce their progress every 10K of the marathon course by automatically posting timing updates on their Facebook timeline or over their Twitter feed.

By broadcasting split times, runners will be able to effectively inform every friend or follower of their triumphant trek through the nation's capital. MCM10K participants can share their finish results.

## **For the Supporter—Track a Runner**

Relatives, friends, and running buddies will all be able to follow a runner's progress along the MCM course in real time.

The virtual support crew can sign up to receive updates for one or multiple runners from the 10K, 20K, 30K, 40K, and finish-line split locations.

The timing data will be delivered by text, sent via email, posted on personal Facebook pages, and/or sent over Twitter feed. Track a Runner services are supported by Arlington, Hyundai, and Aetna.

**Make sure to tag us on all of our social channels using  
#ifnotmethenwho**

