



**2018 Marine Corps  
Marathon Weekend Manual  
Team TMF**

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# Contacts

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## **Team TMF Primary POC:**

Amanda Bieler

Mobile: (267) 337-4303

Email: Amanda.bieler@travismanion.org

## **Team TMF Secondary POC:**

Krista Foy

Mobile: (215) 896-9583

Email: kristafoy@travismanion.org

# Hotels

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## **Courtyard Arlington Rosslyn**

1533 Clarendon Blvd  
Arlington, VA 22209  
p. 703-528-2222

## **Hyatt Centric Arlington**

1325 Wilson Blvd  
Arlington, VA 22209  
p. (703) 525-1234

**\*\* Location of Team Photo on Marathon Day**

## **Renaissance Arlington Capital View Hotel**

2800 Potomac Avenue  
Arlington, VA 22202

**\*\*Location of Team Dinner in Grand Ballroom on Second Floor**

# Weekend Events

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## Friday, October 26, 2018

### MCM EXPO:

**Hours:** 10:00am-8:00pm

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

**\*\*Come stop by the TMF Expo booth for swag & giveaways!**

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## Saturday, October 27, 2018

### MCM EXPO:

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

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

**\*\*Come stop by the TMF Expo booth for swag & giveaways!**

### TEAM TMF DINNER:

**Date:** Saturday, October 27, 2018

**Time:** 6:00pm Cocktails begin  
7:00pm Dinner & Program begin

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

**Guest Speaker:** CW04 Hershel "Woody" Williams, USMC (Ret.), the last surviving Medal of Honor recipient from the Battle of Iwo Jima and oldest living Medal of Honor recipient.

**\*\*All runners receive a complimentary ticket to dinner. RSVP no later than October 12<sup>th</sup>. We welcome additional guests, and tickets can be purchased by [visiting this link](#).**

# Sunday, October 28, 2018

## **MARINE CORPS MARATHON:**

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

\*\*If you are taking the metro, plan to be in Rosslyn at least 1 hour prior to start.

**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. Runners line up facing the US Capitol.

## **TEAM TMF CATERED TENT:**

**Time:** Open 7:15am-3:30pm

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

\*Please see map on page #19.

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 Travis Manion Foundation assumes no responsibility for lost or stolen items.

# Getting to the Expo

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.

**GETTING TO THE EXPO**

**M METRO** OPENS AT 5 AM FRI / 7 AM SAT

**TAKE:** ● EISENHOWER / ● VAN DORN

FREE SHUTTLES TO GAYLORD

**SHUTTLE HOURS**  
 FRI, OCTOBER 26: 8:30 AM - 10:00 PM  
 SAT, OCTOBER 27: 7:00 AM - 9:00 PM

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**P PARKING** PAY PARKING

**NATIONAL HARBOR**  
 FLEET GARAGE  
 MARINER GARAGE  
 ST GEORGE GARAGE

**OR** **GAYLORD NATIONAL**

**Metro Directions:**

Take Metro to Eisenhower (yellow line) or Van Dorn (blue line) stations, then enjoy a free shuttle to National Harbor.

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 26-27. Free roundrip shuttles will run from Eisenhower (yellow) and Van Dorn (Blue) Metro station to the Gaylord National Resort during the Expo hours.

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 TMF 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 TMF packet, which includes your official Team TMF UnderArmour shirt and other fun swag items. Team TMF 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 [amanda.bieler@travismanion.org](mailto:amanda.bieler@travismanion.org) to make alternate arrangements.

## **MCM EXPO HOURS:**

**Friday, October 26**

**Hours:** 10:00am-8:00pm

**Saturday, October 27**

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

## **MCM EXPO LOCATION:**

**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 #4 for hours).**

E-card links will be sent electronically in October! If you're picking up a packet for someone, please bring your ID and a copy of the participant's ID.

# MCM Expo Booth

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## Merchandise

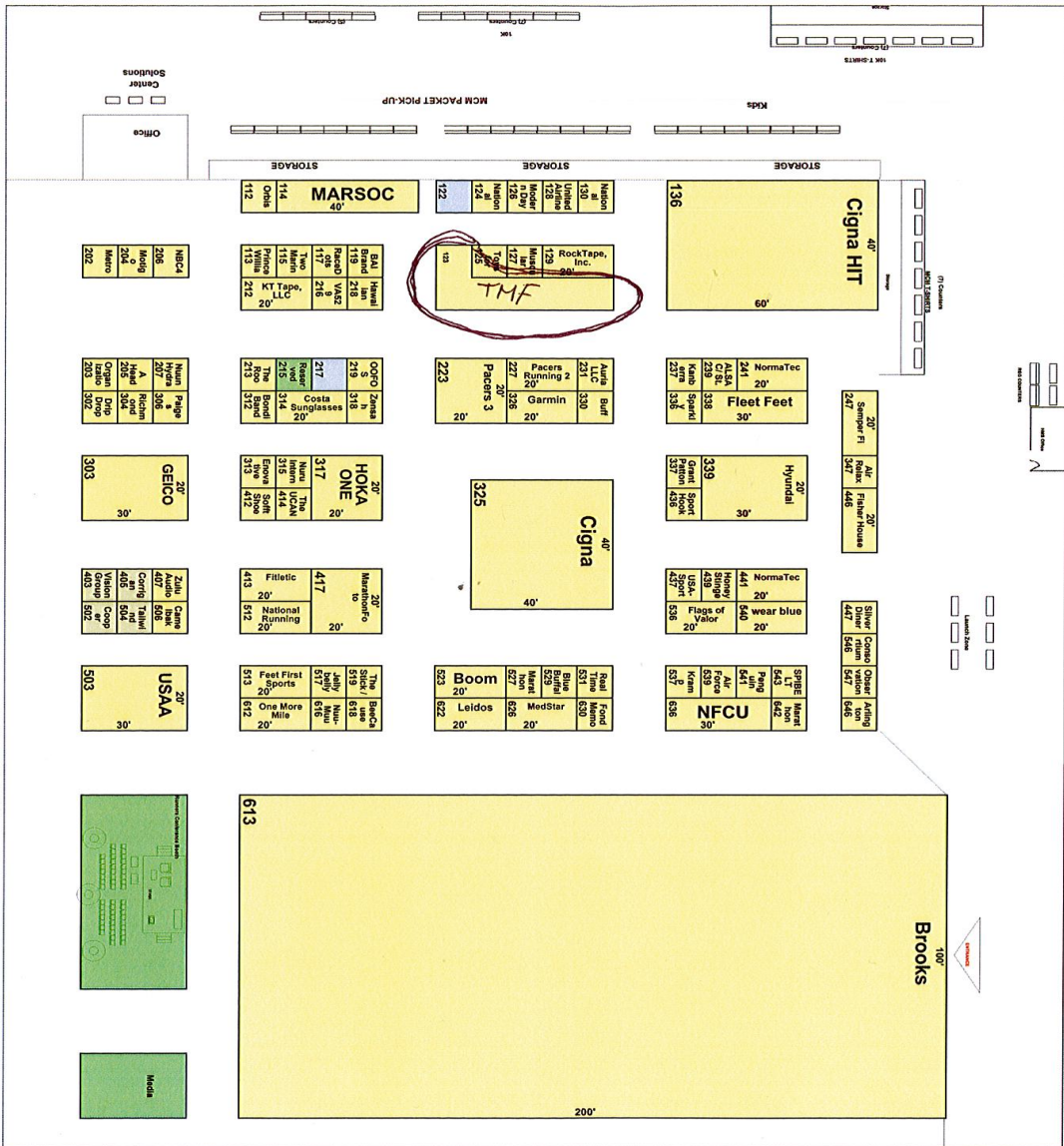
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Merchandise will be available at the Travis Manion Foundation Expo booth during Expo operating hours (provided on page #4) on Friday, Oct. 26 and Saturday, Oct. 27. This is a great way to meet some TMF staff, pick up your TMF packet, and purchase some AWESOME attire! See next page for a map of the Expo. Our eStore is open 24/7 for your shopping convenience. Visit here at [www.shop.travismanion.org](http://www.shop.travismanion.org).



# MCM Expo Map

Marine Corps Marathon Health & Fitness Expo  
 October 26-27, 2018  
 Gaylord National Resort



# Team Dinner

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**Date:** Saturday, October 27, 2018

**Time:** 6:00pm Cocktails begin  
7:00pm \*Dinner & Program begin

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

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

**Attire:** Business casual

**Guest Speaker:** CW04 Hershel “Woody” Williams, USMC (Ret.), the last surviving Medal of Honor recipient from the Battle of Iwo Jima and oldest living Medal of Honor recipient.

**Deadline to register- Friday, October 12, 2018**

**\*\* Runners receive a complimentary ticket to dinner. We welcome additional guests and tickets can be purchased in the registration link.**

**Registration link-** <https://donate.travismanion.org/event/2018-mcm-team-dinner/e194266>

# Marathon Day

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All Team TMF 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)

**GETTING TO THE MCM**

METRO	START	PARKING
METRO OPENS AT 6 AM	7:55 AM MCM	FREE CRYSTAL CITY GAYLORD, PENTAGON CITY
SHUTTLES	FROM GAYLORD 4:30 AM - 6 AM TO RUNNERS VILLAGE	FROM ROSSLYN 10:00 AM - 5:00 PM TO CRYSTAL CITY
FROM CRYSTAL CITY 4:30 AM - 7:30 AM TO RUNNERS VILLAGE	6 AM - 9 AM TO EISENHOWER METRO	FROM EISENHOWER METRO 10:30 AM - 5 PM TO GAYLORD

# 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

\*If you are staying in Rosslyn it is easier to walk to the start/TMF tent.

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

**SmarTrip:** <https://www.wmata.com/fares/smartrip/>

## Marathon Start Times

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

**Runners: \*\*7:55am**

## 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

1. Starting at Hyatt Arlington, head east on Wilson Blvd. toward N. Fort Meyer Dr.
2. Turn right onto N. Fort Myer Dr.
3. Continue onto N. Meade St.
4. Take a slight left, and then a slight right toward N. Marshall Dr.
5. 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 Crystal City: Total trip time: 26 mins.

1. Walk 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)

**To The Finish**

Use the Rosslyn station (blue, orange or silver line) to arrive at the Finish Festival

OR walk to the finish line at the Marine Corps War Memorial

**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

## **Starting Location:**

In front of the National Gallery of Art West Building on Madison Drive between 4th and 7th Streets NW. Runners line up facing the US Capitol.

## **Traveling Options**

From Crystal City to The Archives/Navy Memorial/Penn Quarter Station(closest to 10K start)- Total trip time: 35 mins

1. Walk 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 Statio

\$2.25 SmarTrip Fare

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

# MCM Course Map



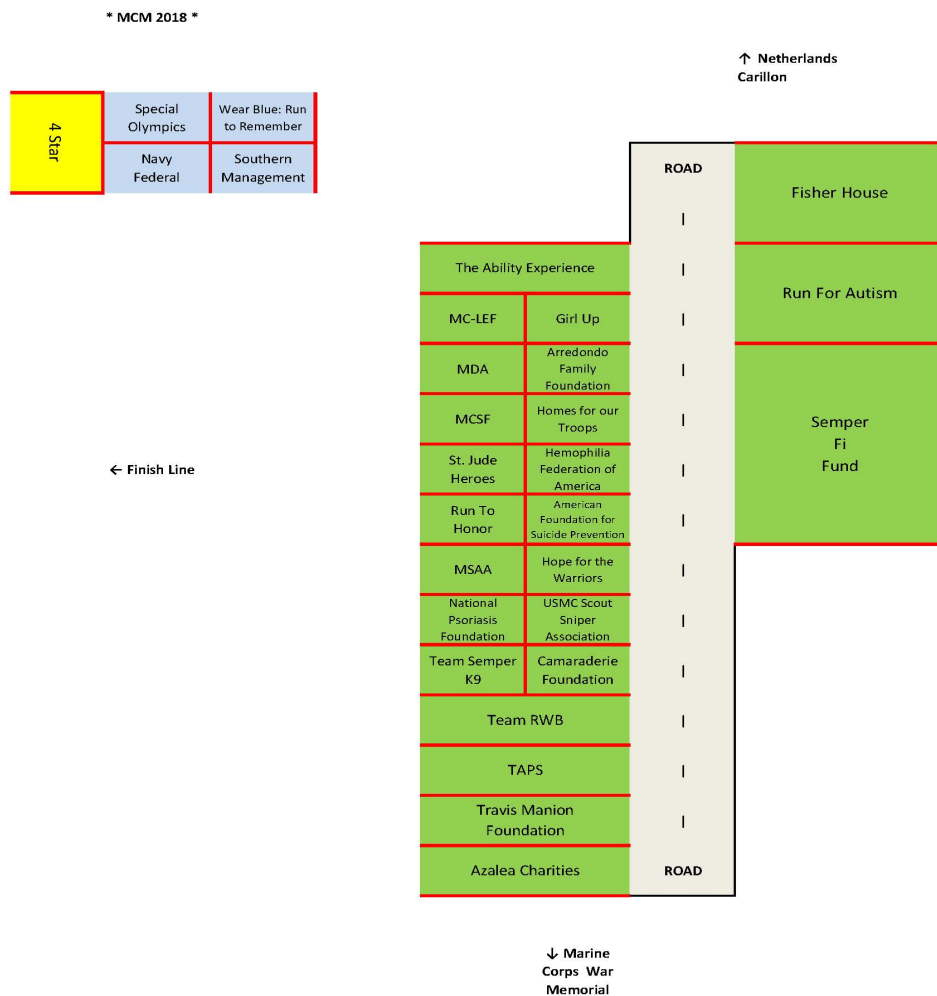
# MCM 10K Course Map





# Team TMF Tent Location

Please stop by our tent (see below) with snacks, sandwiches and other treats. This a great place for cheering squads to regroup with runners. And for runners to take a much deserved seat!



# 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**

**Facebook:** @travismanionfoundation

**Instagram:** @travismanionfoundation

**Twitter:** @tmfoundation