



2022 Marine Corps Marathon Weekend Manual Team TMF

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Contacts

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Team TMF Secondary POC:

Sara Valko

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Hotel

Hyatt Centric Arlington

1325 Wilson Blvd

Arlington, VA 22209

p. (703) 525-1234

Rate: \$269/night

Room Block Code: G-TRMF

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

<https://www.hyatt.com/en-US/group-booking/WASAR/G-TRM>

Weekend Events

Friday, October 28th, 2022

HEALTH & FITNESS EXPO:

***Come stop by the TMF Expo booth for swag, giveaways and your packet!**

Hours: 10:00am-8:00pm

Location: The DC Armory
2001 E. Capitol Street SE, Washington, DC 20003

Booth Location: Booth #151

Saturday, October 29th, 2022

HEALTH & FITNESS EXPO:

***Come stop by the TMF Expo booth for swag, giveaways and your packet!**

Hours: 10:00am-6:00pm

Location: The DC Armory
2001 E. Capitol Street SE, Washington, DC 20003

Booth Location: Booth #151

Team TMF Cocktail Hour:

Date: Saturday, October 29th, 2022

Time: Runners: 5:30pm-7:00pm

Location: The Hyatt Centric Arlington, Grand Ballroom
1325 Wilson Blvd. Arlington, VA

****All runners receive complimentary tickets to the social. RSVP no later than Friday, October 1st.**

Immediate family members are welcome to attend as a guest, and tickets can be reserved by visiting this link.

Sunday, October 30th, 2022

MARINE CORPS MARATHON:

Start Time: **7:55am

**If you are taking the metro (opens at 5am), 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:

Arlington, VA on Route 110 between Arlington National Cemetery and the Pentagon

Getting to the Start Line: The Archives-Navy Memorial-Penn Quarter station (green or yellow line) is most convenient to the MCM10K start. Other nearby options include L'Enfant Plaza (yellow, green, blue or orange line) or Smithsonian (blue or orange line). Metro opening times to be confirmed.

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.

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

Whether taking the Metrorail, Metrobus or driving, getting to the DC Armory is a breeze:



Directions:

By Metro: Take the Blue or Orange Line to the Stadium-Armory metro stop.

By Bus: The 96, 97, B2 or D6 all go to the Stadium-Armory metro stop.

By Car: The DC Armory is easily accessible from both I-295 and I-395. Whether you're driving yourself or using a ride share service, Google Maps can help get you here.

Parking: There's ample paid on-site parking in secured lots at the Parking Lot 5 at RFK Campus.

Visit WMATA.com or call (202) 637-7000 for maps, schedules and more information on traveling by metro or bus.

Expo Packet Pick-Up

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 Under Armour 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 Team TMF **no later than Wednesday, October 12th** at TeamTMF@travismanion.org to make alternate arrangements.

EXPO BOOTH #151

MCM EXPO HOURS:

Friday, October 28th- Hours: 10:00am-8:00pm

Saturday, October 29th- Hours: 10:00am-6:00pm

MCM EXPO LOCATION:

The DC Armory 2001 E. Capitol Street SE, Washington, DC

Expo Packet Release/Proxy Form

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 Team TMF at TeamTMF@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 hours above).

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, or have it readily available on your phone.

MCM Expo Booth



Merchandise

Merchandise will be available at the Travis Manion Foundation Expo booth (#151) during Expo operating hours (provided on page #7) on Friday, Oct. 28th and Saturday, Oct. 29th. This is a great way to meet some TMF staff, pick up your TMF packet, and purchase some AWESOME attire! Expo map is coming soon.

You don't have to wait until the Expo to take home great TMF merchandise. Our eStore is open 24/7 for our customers. Shop at www.shop.travismanion.org.

Team TMF Social

Date: Saturday, October 29th, 2022

Time: Runners: 5:30pm-7:00pm

- The social will be a great opportunity for all team members to get together. There will be an open bar and plenty of hors d'oeuvres for the night.

Location: The Hyatt Centric Arlington, Grand Ballroom
1325 Wilson Blvd. Arlington, VA

Attire: Business casual

Deadline to register- Saturday, October 1st, 2022

**** Runners receive complimentary tickets to the social. We welcome additional immediate family guests as well. RSVP at the registration link below.**

Registration link- <https://donate.travismanion.org/event/2022-mcm-team-social/e409068>

Marathon Day

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

Hyatt Centric Arlington address:

1325 Wilson Boulevard Arlington, VA 22209

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

Runner's Village:

The NEW Runner's Village Gateway for the MCM and MCM50k is now located at the intersection of Army Navy Drive and S. Fern St.

Rucking Information:

If you are rucking with TMF, please adhere to the requirements below.

If you weigh under 150lbs, a minimum of 10 lbs is required.

If you weigh more than 150 lbs, a minimum of 20 lbs is required.

GETTING TO THE MCM

METRO	START	PARKING
METRO OPENS AT 6 AM	7:55 AM 	FREE CRYSTAL CITY GAYLORD, PENTAGON CITY

SHUTTLES

FROM CRYSTAL CITY	FROM GAYLORD	FROM ROSSLYN
4:30 AM - 7:30 AM TO RUNNERS VILLAGE	4:30 AM - 6 AM TO RUNNERS VILLAGE	10:00 AM - 5:00 PM TO CRYSTAL CITY
	6 AM - 9 AM TO EISENHOWER METRO	10:30 AM - 5 PM TO GAYLORD

****Metro opens at 5 AM**

Metro Directions to Marathon Start

Metro **opens at 5:00am** 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 checkpoint

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 & 27th St.
2. Depart from Crystal City Transitway & 27th St.
3. Board Metro towards Metroway-Pentagon City
4. Exit at S Hayes St & 12th 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.

Metro Directions to 10K Start

Metro **opens at 5:00am** 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 & 27th St.
2. Board Metroway towards Metroway-Crystal City Exit at S Bell St. & 18th 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 19th 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

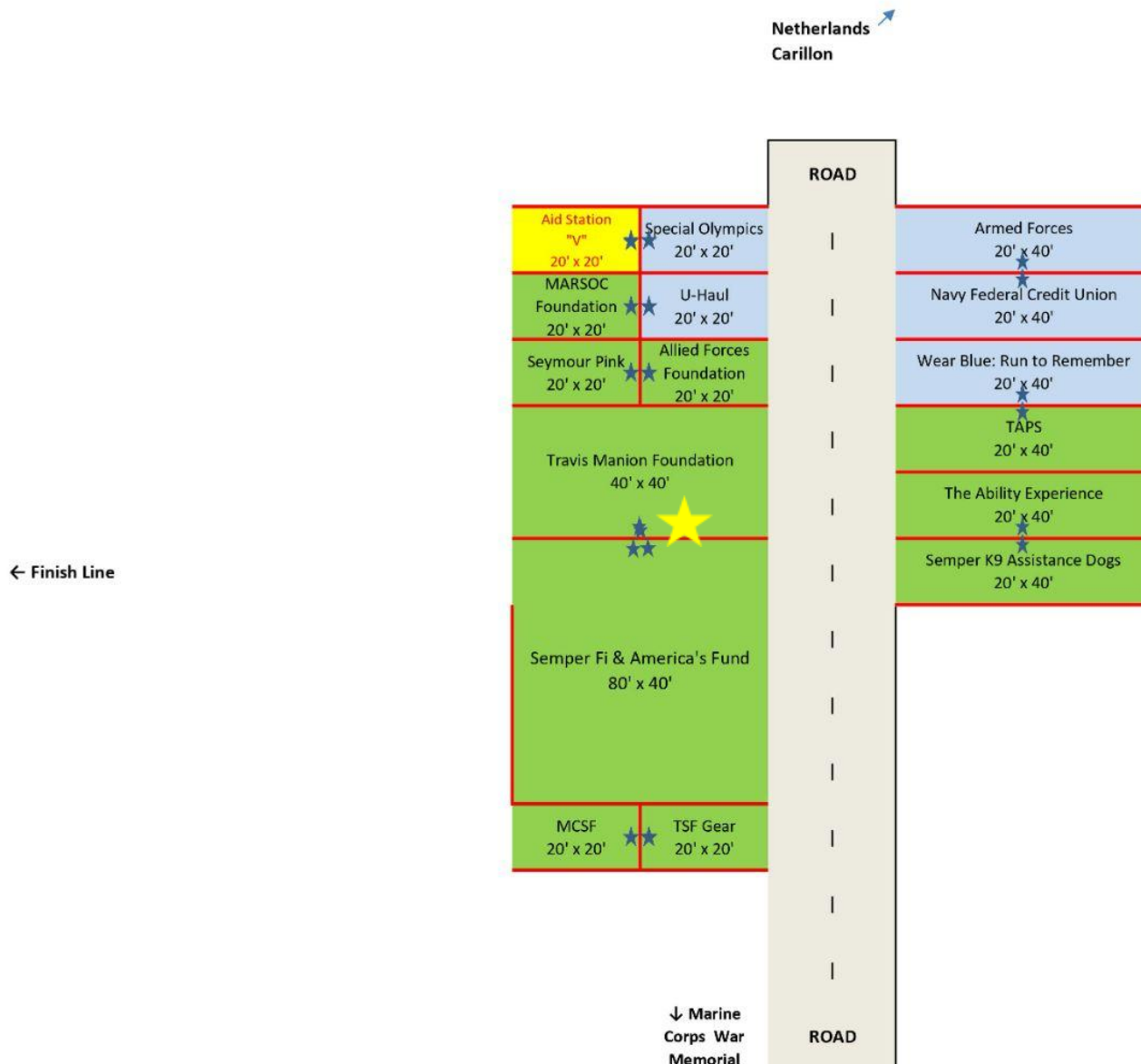


MCM 10K Course Map



Team TMF Tent Location

Please stop by our tent 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

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 finished 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 may be delivered by text or email or posted on personal Facebook and/or Twitter pages.

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

#IfNotMeThenWho

#RunWithTheMarines

#TeamTMF

Facebook: @travismanionfoundation

Instagram: @travismanionfoundation

Twitter: @tmfoundation