



# 2024 Marine Corps Marathon Weekend Manual Team TMF

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# Contacts

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## **Team TMF Primary POC:**

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# Hotel

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## **Hyatt Centric Arlington**

1325 Wilson Blvd

Arlington, VA 22209

p. (703) 525-1234

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

**[HOTEL BOOKING LINK](#)**

**Group Booking Code: G-STAN**

# Weekend Events

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## Friday, October 25th, 2024

### **HEALTH & FITNESS EXPO:**

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

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

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

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## Saturday, October 26th, 2024

### **HEALTH & FITNESS EXPO:**

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

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

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

### **Team TMF Cocktail Hour:**

**Date:** Saturday, October 26th, 2024

**Time:** 5:30 pm - 7:30 pm

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

**Tickets:** [Click Here to Register](#)

**\*\*All runners and immediate family members receive complimentary tickets to the social. RSVP no later than Friday, October 4th.**

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## **Sunday, October 27th, 2024**

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.

### **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

Take the Metro to Eisenhower station (yellow line) or Van Dorn (blue line), then enjoy a free shuttle to National Harbor. Shuttles will run on Friday from 8:30 AM to 10 PM and on Saturday from 7 AM to 7 PM.



# 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 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 Friday, October 4th** at [TeamTMF@travismanion.org](mailto:TeamTMF@travismanion.org) to make alternate arrangements.

## **MCM EXPO HOURS:**

**Friday, October 25th**

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

**Saturday, October 26th**

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

## **MCM EXPO LOCATION:**

**The Gaylord 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 Team TMF at [TeamTMF@travismanion.org](mailto: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

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Merchandise will be available at the Travis Manion Foundation Expo booth during Expo operating hours (provided on page #7) on Friday, Oct. 25th and Saturday, Oct. 26th. 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](http://www.shop.travismanion.org).

# Team TMF Social

**Tickets:** [Register Here](#)

**Date:** Saturday, October 26th, 2024

**Time:** 5:30PM - 7:30PM

- Includes cocktail hour with an open bar and hors d'oeuvres.

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

**Attire:** Business casual

**Merchandise:** Merchandise will be available at the Team TMF Social for purchase.

**Deadline to register- Friday, October 4th, 2024**

**\*\* Runners and their immediate family members receive complimentary tickets to the social.  
We welcome additional guests.**

# Marathon Day

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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)



# 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 Station

\$2.25 SmarTrip Fare

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

# MCM Course Map



# MCM 10K Course Map



## Team TMF Tent Location

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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!

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

For the most accurate tracking, please download the [official MCM app](#) for your phone.

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

#ifnotmethenwho

#RunWithTheMarines

#TeamTMF

**Facebook:** @travismanionfoundation

**Instagram:** @travismanionfoundation

**Twitter:** @tmfoundation