



**2019 Marine Corps
Marathon Weekend Manual
Team TMF**

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Contacts

Team TMF Primary POC:

Krista Foy

Mobile: (215) 896-9583

Email: kristafoy@travismanion.org

Team TMF Secondary POC:

Shelby Hahn

Mobile: (215) 805- 3982

Email: shelby.hahn@travismanion.org

Hotels

Courtyard Arlington Rosslyn

1533 Clarendon Blvd
Arlington, VA 22209
p. (703) 528-2222
Rate: \$229/night

Hyatt Centric Arlington

1325 Wilson Blvd
Arlington, VA 22209
p. (703) 525-1234
Rate: \$239/night

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

Residence Inn by Marriott Arlington Rosslyn

1651 N Oak St
Arlington, VA 22209
p. (703) 812-8400

Rate: \$259/night, includes complimentary breakfast buffet every morning of stay

Weekend Events

Friday, October 25th, 2019

HEALTH & FITNESS 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!**

Saturday, October 26th, 2019

HEALTH & FITNESS 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 26th, 2019

Time: 6:00pm-8:00pm

Location: Renaissance Arlington Capital View Hotel, Grand Ballroom
2800 South Potomac Ave. Arlington, VA

Guest Speaker: TBD

****All runners receive a complimentary ticket to dinner. RSVP no later than Friday, October 11th.**

We welcome additional guests, and tickets can be purchased by [visiting this link.](#)

Sunday, October 27th, 2019

MARINE CORPS MARATHON:

Start Time: **7:55am

****If you are taking the metro (opens at 6am), 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 4th and 7th St. NW. Runners line up facing the US Capitol.

Getting to the Start Line: Metro is the most convenient means to arrive at the start of the MCM10K. The Archives/Navy Memorial/Penn Quarter station (green/yellow) is the most convenient. Also, within easy walking distance is the L'Enfant Plaza station (orange/silver/blue/yellow/green).

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

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.

The infographic is titled "GETTING TO THE EXPO" in large, bold, yellow-outlined letters. Below the title, it is divided into two main sections by a dashed horizontal line. The top section details Metro and shuttle services. On the left, the Metro logo is shown with the text "METRO OPENS AT 5 AM FRI 7 AM SAT". To its right, under "TAKE:", are two colored circles: a yellow one for "EISENHOWER" and a blue one for "VAN DORN". Further right, a bus icon is accompanied by the text "FREE SHUTTLES TO GAYLORD". On the far right, "SHUTTLE HOURS" are listed: "FRI, OCTOBER 26 8:30 AM - 10:00 PM" and "SAT, OCTOBER 27 7:00 AM - 9:00 PM". The bottom section details parking options. On the left, a "P" parking icon is followed by "PARKING PAY PARKING". To its right, a car icon is followed by "NATIONAL HARBOR" and a list of three garages: "FLEET GARAGE", "MARINER GARAGE", and "ST GEORGE GARAGE". To the right of this, the word "OR" is followed by another car icon and "GAYLORD NATIONAL". The background of the infographic features a faint map of the Gaylord National Resort area and the text "HEALTH & FITNESS EXPO" and "MCM WEEKEND 2018".

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

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 Amanda Bieler no later than Friday, October 11th at amanda.bieler@travismanion.org to make alternate arrangements.

MCM EXPO HOURS:

Friday, October 25th

Hours: 10:00am-8:00pm

Saturday, October 26th

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

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.

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 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.

Team TMF Dinner

Date: Saturday, October 26th, 2019

Time: 6:00pm-8:00pm

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

Location: Renaissance Arlington Capital View Hotel, Grand Ballroom
2800 South Potomac Ave. Arlington, VA

Attire: Business casual

Guest Speaker: TBD

Deadline to register- Friday, October 11th, 2019

** Runners receive a complimentary ticket to dinner. We welcome additional guests, though. Tickets can be purchased at the registration link below.

Registration link- <https://donate.travismanion.org/event/2019-mcm-team-dinner/e236528>

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)

GETTING TO THE MCM

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

Metro Directions to Marathon Start

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 & 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 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 & 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 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 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

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