



# PARKWAY CLASSIC

RUNNER GUIDE  
APRIL 28, 2019 | 8:00AM



# WELCOME

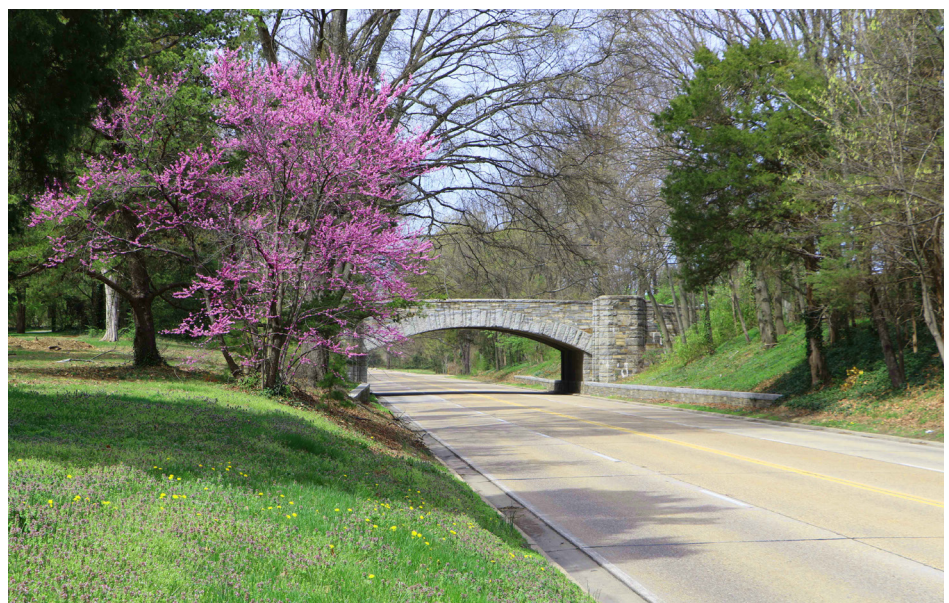
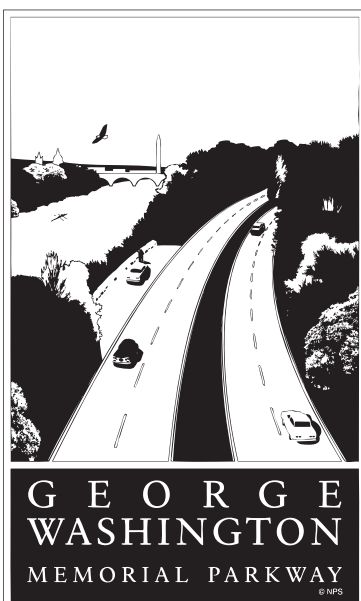
## HAPPY RACE DAY RUNNERS, WALKERS AND SUPPORTERS!

From the firing of the start gun just steps away from George Washington's Mount Vernon estate, history and nature awaits as you race along the original segment of the George Washington Memorial Parkway—the Mount Vernon Memorial Highway. This historic tree-lined route along the south bank of the Potomac River is part of a 25-mile scenic road managed by the National Park Service.

While George Washington Memorial Parkway is dotted with memorials commemorating important episodes in American history, there are also miles and miles of trails where one can exercise and enjoy the outdoors. The parkway actively supports the Healthy Parks, Healthy People initiative which harnesses the power of parks and public lands in promoting the health of people and the environment. National parks have always been revered for their symbolism and scenery. Today, national park sites like George Washington Memorial Parkway also play a vital role in healthy living, disease prevention, and therapy. The role of national parks in the 21st century is evolving. They are becoming more critical to our well-being as a society.

The 35th annual George Washington Parkway Classic is being held during National Park Week, April 21 - April 28. National Park Week is a time to explore amazing places, discover stories of history and culture, and celebrate America's national park areas. George Washington Memorial Parkway will be hosting a variety of exciting programs and activities which will help you to get closer to nature, learn more about our history, and experience new adventures. Please visit [www.nps.gov/gwmp](http://www.nps.gov/gwmp) for more information.

Also don't forget to visit the George Washington Memorial Parkway Mobile Visitor Center at Oronoco Park and take a selfie with a National Park Ranger at the end of the race.



# EXPERIENCE OLD TOWN

## FROM START TO FINISH

Minutes from Washington D.C. on the Potomac River, Old Town Alexandria delights travelers from all over the world. A nationally designated historic district founded in 1749 that George Washington called home, Old Town Alexandria hums with more than 200 independent restaurants and boutiques alongside intimate historic museums and new happenings at the waterfront.

## VISIT OUR BOUTIQUES

Stroll the streets and pick up some goodies during our packet pick ups or race weekend.

## STAY IN ALEXANDRIA

It's not too late to book your weekend getaway hotel package. Check out local hotels and unique activities from our partner Visit Alexandria!

[visitalexandriava.com/parkwayclassic](http://visitalexandriava.com/parkwayclassic)

## HOTEL INDIGO RACE DAY SPECTATOR HOSPITALITY

220 South Union Street, Alexandria, VA 22314  
8:00-11:00 a.m.

Hotel Indigo Old Town Alexandria is Alexandria's first waterfront hotel, delivering a stylish, local experience inspired by the city's picturesque waterfront, and paying homage to its maritime roots. During the George Washington Parkway Classic, Hotel Indigo Old Town Alexandria will serve as a meeting area for spectators, offering poster-making stations to help cheer on race participants. Additionally, the hotel will feature a "refuel bar" offering racers healthy refreshments as they pass through.

## RUN WITH US AT PORT CITY BREWING

The award-winning Port City Brewing Company may be our beer garden partner at the Parkway Classic but did you know most Mondays Pacers Running and Port City host our popular Joggers + Lagers, a free community fun run!

Jog with new friends followed by spirits in the Port City tasting room. Visit [runpacers.com/calendar](http://runpacers.com/calendar) for details on our next run.



JILLIAN KECK HOGAN  
REAL ESTATE GROUP



American Real Estate Partners



TWO MEN AND A TRUCK.  
"Movers Who Care."



OLD TOWN ALEXANDRIA  
CHIROPRACTIC, LLC  
DR. MELISSA OWNBY



**RACE DATE: SUNDAY, APRIL 28, 2019**

**START TIME: 8:00 AM**

**AWARDS (MAIN STAGE): 10:00AM**

**KIDS DASH START TIME: 10:30 AM**

**AT WATERFONT PARK**

**10M START: MT VERNON ESTATES**

**5K START: BELLE HAVEN**

### RUNNER AMENITIES

Amenities for runners at the start line include: coffee, heat sheets & light refreshments.

### COURSE PACE & SAG BUS

Course time limits — from the gun start GWPC runners must arrive at each mile mark by the time of day noted:

Mile 1: 8:30am	Mile 6: 9:45am
Mile 2: 8:45am	Mile 7: 10:00am
Mile 3: 9:00am	Mile 8: 10:15am
Mile 4: 9:15am	Mile 9: 10:30am
Mile 5: 9:30am	Finish 10:45am

We will have a sag bus manned by a nurse following the last runner. You must maintain a 15 minute pace to not be placed on SAG. You will also be asked to board if you fall behind our course time limits. If you feel like you cannot complete the event for any reason, please board the sag bus.

### BAG CHECK

HANDLED WITH CARE BY  
TWO MEN AND A TRUCK



- There is a bag drop for both the 10 mile race (Mt Vernon) and the 5K race (Belle Haven) located at the start area.
- After the races start (8:00am), all checked items will be waiting for you at bag claim in the finish festival area.



PLEASE NOTE: Bag check and claim areas are manned by volunteers and staff. The event is not responsible for lost or stolen items. Leave at your own risk. Any items not picked up by the end of the event are taken to the Pacers Alexandria store and may be retrieved there. Items left after seven days will be tossed or donated to charity.



# TRANSPORTATION

## DROP OFF INSTRUCTIONS & ADDITIONAL INFO

### METRO SERVICE

- METRO does not open early for this event.
- Please make alternate arrangements.
- There are bike racks in and around the finish area.

### 10 MILE START: MT VERNON ESTATES

- No cars allowed in the Mt. Vernon Circle.
- Only buses will be allowed to enter the circle after 6:00AM.
- The GW Parkway will shut down at or before 6:30AM.
- There is no transportation back to the start line of the 10M from the finish line.

### PROPER DROP-OFF INSTRUCTIONS

- Please have your ride or taxi take Richmond Highway (Route 1) to Mt. Vernon Memorial Parkway.
- Head north on Mt. Vernon Memorial Parkway towards Mt. Vernon Circle.
- Get dropped off at post office parking lot just west of Mt. Vernon Circle.
- Be cognizant of traffic for drop offs.
- This area is not manned by volunteers or police.

### 5K START: BELLE HAVEN

- The 5K race starts at 8:00AM.
- The starting line is located approximately at the intersections of Belle Haven Road and GW Parkway; near the Belle Haven Marina.
- The GW Parkway will shut down at or before 6:30AM
- Parking may be limited in and around the start of the 5K, so we suggest either taking the shuttles to the start line, or being dropped off by another person.
- There is NO transportation back to the start of the 5K from the finish line.
- Transportation Details
- Alexandria (Fairfax St./Main Loading) Zone
- The buses load at 700 N. Fairfax Street in Old Town Alexandria.
- Buses will stretch from Wythe to First Street along Fairfax Street.

## TRANSPORTATION DETAILS

### ALEXANDRIA (FAIRFAX ST./MAIN LOADING) ZONE

- The buses load at 700 N. Fairfax Street in Old Town Alexandria.
- Buses will stretch from Wythe to First Street along Fairfax Street.

### ALEXANDRIA GPS INSTRUCTIONS

#### To finish area (for spectators):

100 North Pendleton Street, Alexandria VA 22314

#### To parking at Canal Plaza:

99 Canal Plaza, Alexandria, VA 22314

#### To drop off at bus loading zone:

700 North Fairfax Street, Alexandria, VA 22314

### ALEXANDRIA (EISENHOWER) BUS LOADING ZONE

- The buses load on the corner of Hooffs Run Drive and Eisenhower Avenue
- Ample parking is available for race participants at the U.S. Patent and Trademark Office: 600 Dulany Street, Alexandria, VA 22314 (please follow signs to parking).
- **Parking is available ONLY in the WEST PARKING GARAGE** located at 550 Elizabeth Ln, Alexandria, VA 22314

### ARLINGTON BUS LOADING ZONE

- The buses load at South Hayes Street and Army Navy Drive.
- Parking is available at the public Pentagon lot located across from the mall.

### ARLINGTON GPS INSTRUCTIONS

#### To bus loading:

South Hayes Street & Army Navy Drive  
Arlington, VA 22202

#### To Pentagon parking lot:

800 Army Navy Drive, Arlington, VA 22202

### DC BUS LOADING Zone

- The buses load 1200 G Street NW at the Metro Center Station, south side in front of Macy's.



PLEASE MAKE PERSONAL TRANSPORTATION PLANS TO ARRIVE AT THE START IF YOU WILL BE PUSHING A STROLLER. WE CAN NOT ACCOMMODATE STROLLERS IN THE BUSES PRE-RACE. STROLLERS ARE ALLOWED IN POST-RACE BUS SHUTTLES.



YOU MUST HAVE YOUR BIB NUMBER WITH YOU WHEN BOARDING THE BUSES. THIS IS YOUR IDENTIFICATION AS A REGISTERED RUNNER.

The Parkway Classic 10M & 5K is a point to point race starting at Mt. Vernon Estates and Belle Haven, respectively, and finishing in Old Town, Alexandria at Oronoco Bay Park. Because the race is point to point, runners may take advantage of one of the transportation options outlined below.

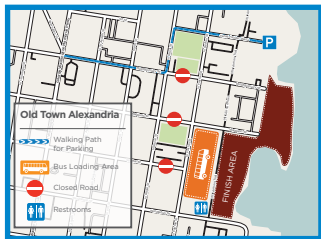
## BUS TRANSPORTATION DETAILS

We are providing transportation from Old Town, Alexandria, Eisenhower Avenue, Alexandria and Pentagon City, Arlington. Please see below for important details.



### EISENHOWER AVENUE SHUTTLES

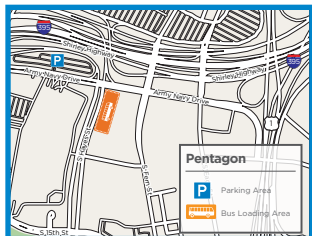
- The buses will pick up on the corner of Hooffs Run Drive and Eisenhower Ave
- The first bus from Eisenhower Avenue will depart at 5:30AM
- The last bus from Eisenhower Avenue will depart at 7:00AM
- We strongly suggest boarding the bus by 6:30AM to avoid a lengthy wait in line.
- This pickup location has ample parking in the Patent and Trademark Office West Garage, located off of Elizabeth Lane.
- 5k and 10 mile runners welcome. You will board different buses. See signs.



### ALEXANDRIA SHUTTLES AT FAIRFAX STREET (MAIN STAGING)

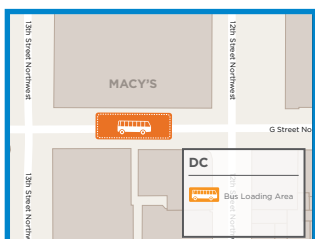
- Alexandria bus transportation begins at 5:30AM
- We suggest boarding by 6:15AM or you will encounter a wait to board.
- 10 Mile and 5K runners will be transported from Alexandria to Mt. Vernon and Belle Haven via race-provided bus transportation.
- The Alexandria stops are located along North Fairfax Street at Wythe Street.
- THE LAST BUS IN ALEXANDRIA WILL LEAVE AT 7:00AM. Late runners will not be accommodated.

SPECIAL NOTE: The 5K and 10 Mile board DIFFERENT buses. 10 Mile runners will board on the west side of Fairfax Street; 5K will load on the east side of Fairfax Street. Look for signs.



### ARLINGTON SHUTTLES (PENTAGON CITY)

- We are providing complimentary shuttles for 10 Mile runners ONLY from Pentagon City.
- Sorry 5K participants, this bus route does not pass the 5K start.
- Bus transportation will begin at 5:30AM
- The last bus will leave at 6:30AM



### DC SHUTTLES

- Bus transportation from DC for 10 mile participants only
- Sorry 5K participants, this bus route does not pass the 5K start.
- Bus transportation will begin at 5:30AM
- The last bus will leave at 6:30AM

# TRANSPORTATION cont'd

## PARKING

### PARKING AT EISENHOWER AVENUE (ALEXANDRIA)

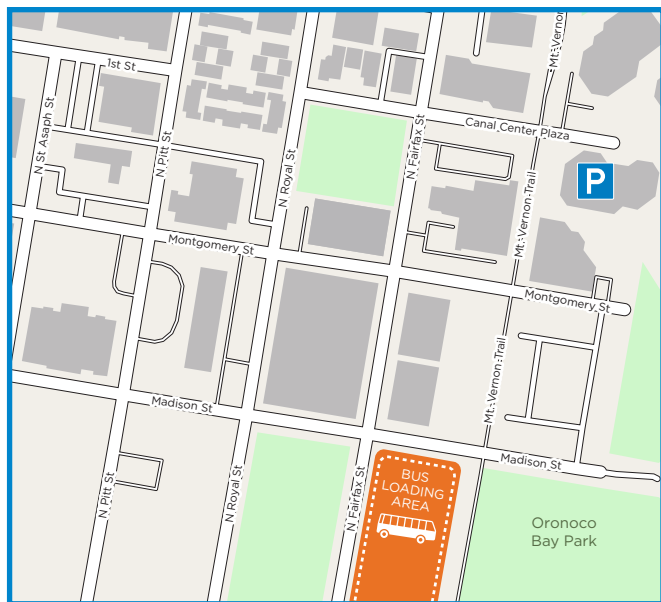
Ample parking at the Patent and Trade Office West Garage (550 Elizabeth Lane, Alexandria, VA 22314)

### PARKING AT CANAL PLAZA (OLD TOWN, ALEXANDRIA)

Complimentary event parking is available at 99 Canal Center, courtesy of American Real Estate Partners.

### OLD TOWN, ALEXANDRIA STREET PARKING

Limited street parking is available in and around the finish area. To avoid delay, consider parking west of Washington Street and walking the handful of blocks to bus loading.



## POST-RACE SHUTTLES

Shuttles will be available from 8:00AM – 11:45AM on race day to shuttle participants to King Street METRO, Pacers Alexandria, Eisenhower Avenue and Pentagon City (pick up located on Fairfax Street).

These buses will run on a 10-15 minute loop. There are no post-race shuttles back to either start.

**PLEASE NOTE:** Pre-race complimentary bus service is for registered runners only. Family, friends and spectators WILL NOT be allowed to board any of the pre-race shuttle buses. Friends and family may board the post-race shuttle but must be accompanied by a runner.

## 11 CANAL CENTER FULL BUILDING OPPORTUNITY



Experience Alexandria's premier office destination on the Potomac River.



### For Leasing Information Contact

JLL Northern Virginia Agency Leasing Team  
703.485.8800  
CanalCenterVA.com

**99 CANAL CENTER**  
8,500 – 15,000 SF





# KNOW

practice and hard work will pay off.



Passion. Dedication. Commitment. PNC is proud to sponsor the 35th annual Parkway Classic. We wish all the runners -- those doing the 10 miler, 5K or Kids Dash -- all the best. Congratulations!

[pnc.com](http://pnc.com)



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A photograph of two women, Jillian Keck Hogan and Kristina Eells, standing outdoors in front of a house with a blue car parked in the driveway. They are both smiling and wearing professional attire. The background shows trees and a clear sky.

The logo for McEearney Associates Realtors, featuring a stylized house icon above the text 'McEearney ASSOCIATES REALTORS®'.

## JILLIAN KECK HOGAN

REAL ESTATE GROUP

Welcome to Alexandria, The Parkway Classic's and McEearney Associates' hometown! With over \$17 million in real estate sales in 2018, we are grateful to have helped so many families move throughout the area.

Are you in the market to buy or sell?  
Let us know!

**JILLIAN KECK HOGAN** | C. 703.951.7655  
JHOGAN@MCENEARNEY.COM

**KRISTINA EELLS** | C. 678.549.3016  
KEELLS@MCENEARNEY.COM

**ADRIANNA VALLARIO** | C. 202.257.9901  
AVALLARIO@MCENEARNEY.COM

**JILLIANKECKHOGAN.COM**  
109 S. PITT ST., ALEXANDRIA, VA 22314

The Equal Housing Opportunity logo, featuring a house icon with an equals sign inside.



### LEGEND

- TENT
- MEDICAL
- BATHROOM
- TRASH CAN
- SHUTTLE STOP
- VIP ENTRANCE
- LIGHT TOWER

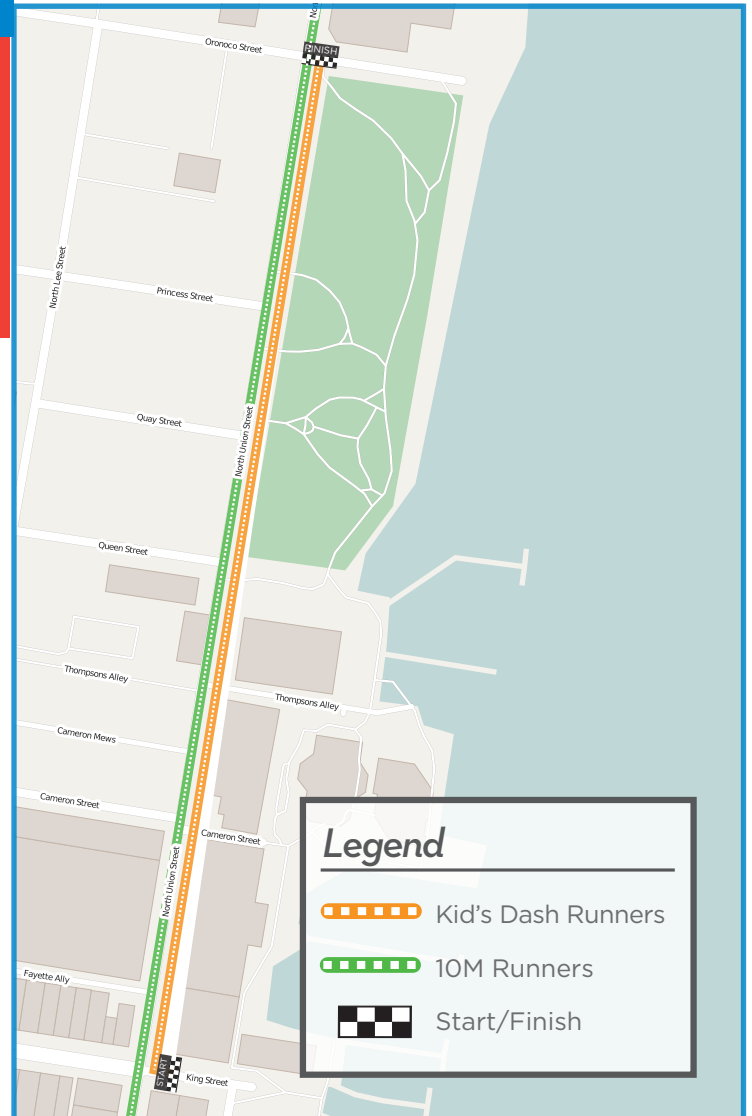
1. 10M / 5K & KIDS DASH FINISH
2. CHUTE EXIT (SECURED)
3. MEDICAL
4. VIP LOUNGE
5. BAG DROP
6. RESTROOMS
7. BEER GARDEN ENTRANCE
8. BEER GARDEN EXIT
9. SPONSOR TENTS
10. INFORMATION TENT
11. BEER TENT
12. BAND STAGE
13. TIMING TRUCK
14. SOUND
15. POST-RACE WATER
16. POST-RACE MEDALS
17. POST-RACE FOOD
18. BOUNCE HOUSE
19. PHOTOBOOTH
20. STAFF TENT
21. MOONBOUNCE
22. AWARDS
23. MERCH TENT



# KIDS DASH

## INSTRUCTIONS FOR PARENTS AND KIDDOS!

- Meet at the Waterfront Park no later than 10:00AM.
- Please make sure your child has their bib number to show security for access.
- We request only one parent per participant at the start/finish line. Parents are allowed to run along their children.
- Medals are distributed to kid's dash participants with valid runner bibs only. **We regret we will not have product for parents or non-registered kids dash participants.**



# THANK YOU

We want to thank you for participating in this year's Parkway Classic. Your run helps support our local chapter of the Boys and Girls Club in raising funds for their annual operating needs. We are also thrilled that over 50 club members have trained for months to participate in this year's event!

The Parkway Classic is rooted in the Alexandria community, produced by Alexandria's preeminent running retailer, Pacers Running, and with such noted partners as Alexandria's own Port City Brewing, PNC Bank, Jillian Hogan Keck/McEneaney Associates, the City of Alexandria, Mount Vernon Estates, and the National Park Service.

We would like to invite you to not just run the race but walk our streets and explore our amazing city restaurants and shops, as featured by our partner Visit Alexandria.

On behalf of our staff, partners, vendors, volunteers, and beneficiaries, we wish you a wonderful race experience at the George Washington Parkway Classic.



**KATHY DALBY**  
CEO// PARTNER  
PACERS RUNNING

**CHRIS FARLEY**  
OWNER// GENERAL MANAGER  
PACERS RUNNING



## PACE THE NATION!

A weekly DC running podcast featuring  
[@runpacer](#), [@tess\\_stryk](#),  
and [@williamedocs](#)

No one knows your running life like you do. And no one knows running like Pacers Running.

Pace the Nation podcast.  
Listen to your inner pacer.



## PARKWAY CLASSIC



### 36TH ANNUAL

SUNDAY APRIL 26, 2020

FIND US ON ITUNES AT **PACE THE NATION**