

DC Sun Trust National Marathon Trip Notes
March 18-22, 2010

The Players –

Everybody was happy. It was Maricar's 51st marathon. Diana's 55th. Ali's 2nd – practically a virgin!



Liberty Ladies Maricar and Diana



Finishers Allison and Maricar

Any excuse for celebration is a good excuse

This was Maricar's 51st marathon so being in Washington D.C. caused her to seek another headline following her 50th marathon two weeks past.

What was good about this marathon?

- It was close by and we could drive
- Everybody loves Washington DC
- The monuments were everywhere on this course
- The medal was bold and elegant with a ribbon picturing the monuments we'd passed
- We had friends Jim and Dale who paced us and/or were spectators
- The short sleeved white technical shirt with red trim was well designed
- Expo was enough but nothing new or different



What wasn't perfect?

- I'd rather walk out my hotel room to the start – not take a metro
- Not all metros were open at 5am despite signs saying they would be
- Was there any food on the course? I only saw a couple pretzels
- Food at the finish was slim at a 5:44 finish

Did you ever notice how we dress for the occasion? I'm a size 30-gallon gal. Here we are at the start line and on the course at one of the many places where Dale met us.



We had absolutely two of the most perfect spectators and pacers— thanks Dale and Jim, both of whom blessed us at B&A Marathon two weeks past and were there for us again in D.C. We are eternally grateful for their friendship and support.



On the way home from the marathon – everyone has a beef. They were lining the mall near the capital and they were marching down 18th. Don't they have something better to do? Like run a marathon?

Surprise of all surprises is that Diana's legs are still working

This was my 6th marathon of 2010 and friend David Williams joked that it was an 11-second PR. Another friend, an ultra-marathoner who I greatly admire, asked how I was doing it (see the following) -- all of which caused a major thought-process and interviewing of my friends and advisers.

Q. She said: "I am awed and envious of all your adventures. I have not run any marathons since the double in January. I think I may have worn myself out training for and running them. My times got very slow, my legs hurt every time I headed out for a run so I decided that I needed to back off for awhile. I would love to know your secret for completing 18 marathons in a year. Do you really lay off between marathons; do you do a lot of cross training? I'd love to know your secret. You are amazing!"

A. I am flattered yes and working on NOT getting cocky. I am very clear that I could step off a curb tomorrow morning and it's all over with. I could live with that. But the question did prompt an inquiry to my trainer: "To what do I owe my legs still working considering this is a Medicare-age body?" I got the best compliment since I've known him (maybe 8 years?) For fun, here is his list of top ten reasons it's still working:

- Weight training at least twice a week by a certified trainer holding Masters in Exercise Physiology and he continually customizes my workouts.
- A willingness to whine over any body part that isn't working exactly perfectly and deal with it.
- Cross training and lots of it whenever necessary. Lots of rest. Remember I don't work.
- Stop when it hurts – like the old 90-year old man said when asked how he kept running. So KISS.
- Stretching- stretching- stretching. The jury is still out but many trainers believe in it and I'm religious about stretching for a full hour after weight training using Yoga poses.
- Paying zero attention to training plans but going how the body feels. Larry Macon did 105 marathons in a year. Jim Stinson did about 80. One of them runs many miles during the week. One of them runs zilch. It works for both of them.
- Less is more. I've seen more who didn't get to the start line by too much training than the other way around. Willingness to go slow. Still doing walk/run.
- Going to the specialists: A good shoe man, the best podiatrist/sports medicine doctor around, a running coach(s) a few years ago, and a fellow Liberty Lady who's a trained coach and degreed in exercise physiology.
- Sports massage therapy no matter the costs/no matter the hurt. I gave up other expenses.
- And the biggest surprise reason -- Discipline. Who would have thought? I must have overly compensated for my procrastination.

It Takes a Village: Thanks Jeff Marmelstein, Jeff at RnJ Sports, Dr. John Connors, Coach Tom and Coach GP, Maricar and Adrienne.

Back to Washington DC – what a delight

It was pretty special to ride in Tom's Lexus LS460 and pretty special to stay at the historically famous Mayflower Hotel on Connecticut now owned by Marriott's Renaissance chain. While there it was full of secret service men and I don't imagine that it's still the home-away-from-home of Elliott Spitzer but maybe other colorful politicians. Tom arranged for a full suite which you can see above for the champagne party.





Eating at Old Ebbitt Grill overlooking the White House was enough of a treat that we went back and later sent Maricar and Ali for a tour and meal too. I was envious of their brunch of fried oysters and eggs.



From the website: Old Ebbitt Grill is just steps from The White House and museums in downtown Washington. Established in 1856, it was a favorite of Presidents Grant, Cleveland, Harding and Theodore Roosevelt and is still a popular meeting spot for political insiders, journalists, celebrities and theater-goers. Its Beaux-Arts facade, mahogany and velvet booths and bars set in marble, brass and beveled glass are Washington at its finest, and The Oyster Bar at Old Ebbitt is D.C.'s most famous.

Two walking tours of Georgetown kept us on our feet the day after the marathon from early to late until I thought my hips would fall off to which Tom admitted the same and he hadn't even run a marathon.

All things come to an end – and in a sick sort of way this one had to so we could move onto the next adventure in Cape May for the Ocean Drive Marathon. I should not rush these adventures, but we did have four nights in D.C.

Did I tell you my marathon results?

5:44:49 and had I been about 3 months older I'd have had a 3rd in age group award. This was an 11 second PR for the year! Coming up will be the 7th marathon of the year and March won't even be over with.

What's after Cape May? After Cape May with Tom, my legs are heading to Los Angeles for a rest from marathons. I'll be home two days before leaving April 1st, then home one day before leaving April 9th for South Carolina's Kings and Queens of the Road Marathon, then home two days before leaving April 15th for Salt Lake City's Marathon. The other Liberty Lady is off to Spain with her students while I'm in Cape May and part of Los Angeles and we'll meet up in Salt Lake City. I drop down in Kansas City for a couple days on my way home the end of the month just in time to run the MORE half-marathon in NYC April 25th. A gal's got to keep busy. Yes?

Itinerary

Thu 3/18/10 – Diana and Tom

Am Depart NJ via car to DC

Hotel Renaissance Mayflower Hotel (1)
1127 Connecticut Avenue NW, Washington DC 20036 Tele 202 347 3000
www.renaissancemayflower.com

Directions from website - Take I95 South to 495, take 495 West to Exit 33-Connecticut Avenue South. Follow Connecticut 7 miles to hotel (on left).

Directions from Reagan Airport 5 miles NE - Follow the signs to Washington D.C. (George Washington Parkway). Take the I-395/Route 1 north exit (which is the 14th St. Bridge). Merge to the far left lane and follow the signs for 14th St. Follow 14th St. for approx. 10 blocks and make a left onto K St. Enter into the right service lane on K St. Make a right onto Connecticut, the hotel is on the right.

Subway: Farragut North/West on Red/Orange lines .3 miles South

Parking at Regan: Daily Garages \$20 maximum for 24 hours; Economy Parking serving all terminals \$12 maximum for 24 hours.

Fri 3/19/10 – Maricar and Allison

Depart NJ via car to DC

11:00am Expo at DC Armory, next to start and finish lines, until 8:00pm
2001 East Capitol Street Southeast, Washington DC 20003

4:30pm Pasta dinner buffet until 8:00pm at DC Armory at \$20 each

Hotel As above – 2 beds requested and on confirmation; to reconfirm

Hqs Hotel Renaissance M. Street Hotel Downtown
1143 N.H. Avenue NW, 20037 Tele 202 775 0800
Available for \$159, use SNTSNTA

Sat 3/20/10 – All

7:00am 5th Annual Marathon start at RFK Stadium.
All 3 races share first 13.1 miles. All finish at RFK Stadium.
www.nationalmarathon.com
Limited to 12,000 entrants with qualifying times of 2:30 and 5 hours. (8,000 in '09)
Course is open for 6 hours only - Pace teams only to 4:15 hrs

Start and finish is outside RFK Stadium and DC Armory, 2001 East Capitol Street, S.E., Washington, D.C. 20003. Most of all RFK Stadium's parking facilities are available for use on Race-Day morning. Parking is free. However, please keep in mind that in anticipation for the record numbers of race participants, we highly recommend riding the metro to the Start Line, which is conveniently located adjacent to the Stadium-Armory Metro stop on the Orange and Blue lines. The Washington D.C. Metro System will OPEN AT 5:00AM on Race Day to accommodate runners traveling to the Start Line Area.

Sun 3/21/10 – Maricar and Allison

Pm Depart to NJ

Mon 3/22/10 – Diana and Tom

Pm Depart to NJ

Participants:

Monica Nop
Jim Mellody
Dale Wilson
Diana Burton
Maricar Korff
Allison Roth
Kathy Kass at Kimpton/Madera Hotel on DuPont Circle
Mary Tillger

(1) Renaissance Mayflower

Opened in 1925 and quickly labeled Washington, DC's "Second Best Address" by President Harry Truman, The Mayflower Renaissance Washington, DC Hotel is the Progressive Grand Dame of the Nation's Capital, and a 4-diamond luxury DC hotel. With a timeless aura highlighted by an abundance of modern conveniences, this historic Washington, DC hotel near Dupont Circle is perfectly located in downtown and is a proud member of Historic Hotels of America. Our luxury DC hotel features 650 guest accommodations and 74 handsomely-appointed suites, and is close to the national monuments and museums. Ideal for leisure and business, this historic hotel offers exceptional downtown DC meeting, banquet and event space complete with an on-site floral boutique and our nationally recognized "Best Bars in America," Town & Country. With a Grand Ballroom that has served as the backdrop for every Presidential Inaugural Ball from Coolidge through Reagan, the historic charm of the Mayflower Renaissance Hotel is unmatched.

FAQs:

1) What races are eligible for qualifying purposes? - Any race that records and publishes your time will serve as a SunTrust National Marathon & Half Marathon qualifier - as long as that race distance meets our qualifying parameters. The qualifying window is from January 1st, 2004 to March 20, 2010.

2) Do you have a military discount? -

We do offer a military discount of 15% off registration for both active and retired military personnel. This offer is not extended to any family or friends of the active or retired military individual. Contact Marathon Info BEFORE YOU REGISTER for more information. We cannot retroactively apply the discount. Discount is only available for online registration.

3) I haven't qualified yet, but I know I can meet the standard. Can I sign up now and qualify later? - No. Your entry will be denied if the date of the qualifying race has not occurred in the qualifying window which is January 1st, 2004 to the present day.

4.) Will the Metro open early enough on race day to get me to the Start Line on time? - Yes, the Metro System opens at 5AM on Race Day and will be able to get you to the Start Line in plenty of time.

5) Is there a cap for the amount of accepted registrants? - Yes. We are accepting 12,000 total registrants in the 2010 event. We have 8,000 spots for the half marathon and 4,000 spots for the full marathon. We do not know when we will fill up, but we will announce when we have less than 1,000 registration spots left for the half marathon and/or 500 spots left for the full marathon.

6) Is the National Marathon a Boston qualifier? - Yes. The 2010 SunTrust National Marathon will be a USATF certified course and serves as both a 2010 and 2011 Boston qualifier.

7) If I enter the half marathon can I continue on and finish the marathon? Or vice-versa? - No. Each race has its own bib color and spotters will be set up just past the break point to ensure the half marathoners are heading the right direction. Half marathoners that try to continue the marathon or marathoners that attempt to finish the half marathon will not be included in the official results and will be disqualified from our competition.

8) Is the SunTrust National Marathon & CareFirst BlueCross BlueShield Half Marathon affiliated with the old DC Marathon? - No. The Greater Washington Sports Alliance is a separate management group. As the region's sports commission, the Greater Washington Sports Alliance mission is to increase the visibility of the region's assets, attract and promote local events, provide funding for youth sports initiatives, and build hometown passion, pride and loyalty.

9) Is there a minimum age requirement? And why? - Yes, you must be 18 years of age on race day in order to run the marathon, half marathon, or relay team. Our insurance policy with the District of Columbia stipulates that all participants be over 18 years of age on race day. We cannot accept participants under the age of 18 even with parent's permission. There are no exceptions.

10.) What makes this the 'Fastest Looped Course in the Country'? - A looped course is one that starts and finishes at the same location, opposed to a point to point course which starts and finishes in different locations. Our course has the fastest average time of any looped course in the country (according to Running USA/RRIC Annual Report), thus where we derived the claim.

11) When does registration begin and when does it end? - Registration begins for the 2010 SunTrust National Marathon & CareFirst BlueCross BlueShield National Half Marathon at 12:01AM EST on July 4th, 2009. The final day of registration is March 14th, 2010 at 11:59 PM EST OR when we reach our cap of 12,000 runners (or when we fill our individual events; 8,000 for the half and/or 4,000 for the full). Online Registration ends at 11:59pm EST on March 14th, 2010. Offline Registrations must be posted marked by March 13th, 2010. Late Registration will be available at the Health and Fitness Expo, if available.

12) Can I register at the Expo? - Registration for the both the full marathon and half marathon will be available during the Health and Fitness Expo if spots are not sold out. There is **NO** race day registration! No exceptions.

13) Where is packet pick up? - Packet Pick-Up is at the Health & Fitness Expo at the DC Armory. The DC Armory is conveniently located at the Metro Stadium/Armory Stop off of the Orange/Blue Line. Visit WMATA for more information. Driving Directions to Armory, please visit: <http://mappoint.msn.com/> and enter the Armory address for the best directions from your starting point.

14) Can someone else pick up our number? - Yes. However, for security reasons, the proxy must bring a photo copy of the registrant's driver license or other valid photo identification to the packet pick up location. The proxy will also be asked to sign the photo copy.

15) Can I receive my packet by mail? Or, can I pick my packet up on the day of the race? - No, on both accounts. All packets MUST be picked up at the Health and Fitness Expo. There is no Race Day packet pick-up.

16) Can I switch between the half marathon and the full? - You have until 11:59pm EST December 31st, 2009 to make changes to your registration. NO EXCEPTIONS. If you are making a change between races, there is a difference in entry fee if you move from the half marathon to the full marathon (\$15.00). There is no refund for switching from the marathon down to the half marathon. Please contact Marathon Info if you wish to make an edit to your registration.

17) Are there starting corrals? How do they work? Yes. You will be assigned the corral that corresponds to the estimated pace per mile that you indicated on your registration form. Marathoners and half marathoners will be corralled together, since both the full and half marathon start at 7:00 AM.

18) Will there be a finisher medal for the marathon and half marathon? - Yes. There will be a finisher medal for both the marathon and the half marathons.

19) Is there a wheelchair division? - Yes. There is a wheelchair division in the marathon event only. All wheelchair athletes must be entered by March 6, 2010. Handcrank wheelchair athletes are not permitted this year.

20) May entrants wear headphones during the race? - For your safety, we do not allow headphones on the course during the marathon or the half marathon. An urban environment like D.C., with multiple intersections, does not make for a headphone friendly course.

21) Where is the Runner's Village? - The Runner's Village will be located at the DC Armory Mall just west of RFK Stadium. This is the Start and Finish area for the Marathon and Half Marathon. The address for RFK Stadium is 2400 East Capitol Street, S.E., Washington, D.C. 20003. We will also have a bag-check area for all race participants, provided by Interstate Worldwide Relocation, to store your warm-up/warm-down gear. We encourage you to leave your valuables at home on race morning.

22) How do I sign up to volunteer for the 2010 SunTrust National Marathon? - Information Coming Soon.

23) What is the course like? Is it flat? Are there any hills? - The course is relatively flat. The first 5 miles are through the base city streets of downtown Washington, DC. There is an elevation rise from miles 5 through 7, but then there is an equal downgrade from miles 9 through 11. Until mile 23, you are back on the flat and fast city streets of the District. From miles 23 to 25, you will have a couple of rolling hills to contend with; with a nice flat final 1.2 miles!

24) Can I use a split time from a marathon to qualify for the event? - You may only use your 13.1 mile split from a marathon time to qualify for our half marathon. You may NOT use a split time from a marathon to qualify for our full marathon.

25) Is there a host hotel? - Yes. The Official Host Hotel is the Renaissance M Street Hotel located at 1143 New Hampshire Avenue, N.W. The Renaissance M Street is located ideally next to Dupont Circle and near Georgetown. Please visit our "Visiting DC" section of the website to make reservations or for additional hotels and discount rates.

26) How does the Team Relay work? - The Team Relay will be a 13.1 mile 3-person team race. The individual legs are 4.9 miles, 4.1 miles, and 4.1 miles. The Team Relay, Half Marathon, and Full Marathon will start simultaneously at 7:00 AM on March 20th adjacent to RFK Stadium. All Team Relay runners must complete the race in 2.5 hours or less.

27) Can I receive a refund, transfer my number, or get a deferment to next year? - There is absolutely a "No Refund/Transfer/Deferment" Policy for this event. There are no exceptions. **WARNING!!!** Do not attempt to sell or give away your bib number/registration. The SunTrust National Marathon maintains a very strict NO TRANSFER policy. Particular participant information is attached to each bib number, and marathon staff cannot be held responsible for medical liability or other errors should a runner participate under another individual's predetermined bib number. Any attempt to sell/transfer bib numbers will result in your entry being removed from our event and your registration funds forfeited.

28) How long the course is open for the marathon and the half marathon? - Our course is open 6 hours (7:00am - 1:00pm) for the marathon, and 3 hours (7:00am - 10:00am) for the half marathon and team relay.

29) Are there awards for race winners? - Yes. Cash prizes in addition to sponsor provided items will be awarded to male and female overall winners. Please visit our [RACE INFORMATION PAGE](#) for more details.