



## Metro

Metro lines will open at the regularly scheduled Sunday time (7:00am) on race day. Take the blue/yellow lines to the Pentagon station. A shuttle from the metro to the event site will not be provided. Please leave yourself plenty of time to get to the starting line. The race will start promptly at 7:50am.

Metro website - [www.wmata.com](http://www.wmata.com)

## Driving Directions

### From Southern Maryland:

Take I-495 S/I-95 S across the Woodrow Wilson Bridge into Virginia. Then take I-395 N toward Washington, DC. From I-395N take exit 8B onto Washington Blvd (VA-27N). Take the ramp toward Pentagon North Parking Entrance/VA-110. Turn right onto Boundary Channel Drive (Pentagon Access Road toward VA-110). Take the first left into the North parking lot of the Pentagon. Follow directions from parking attendants.

### From Northern Maryland:

Take I-495 S into South into Virginia. Then take exit 57B to I-395N toward Washington DC. From I-395N take exit 8B onto Washington Blvd (VA-27N). Take the ramp toward Pentagon North Parking Entrance/VA-110. Turn right onto Boundary Channel Drive (Pentagon Access Road toward VA-110). Take the first left into the North parking lot of the Pentagon. Follow directions from parking attendants.

### From Western Virginia:

Take I-66 E toward Washington, DC. Then take exit 64A to I-495 S. Then take exit 57B to I-395 N toward Washington, DC. From I-395N take exit 8B onto Washington Blvd (VA-27N). Take the ramp toward Pentagon North Parking Entrance/VA-110. Turn right onto Boundary Channel Drive (Pentagon Access Road toward VA-110). Take the first left into the North parking lot of the Pentagon. Follow directions from parking attendants.

### From Southern Virginia:

Take I-95 N toward Washington, DC. Continue toward Washington, DC on I-395 N. From I-395N take exit 8B onto Washington Blvd (VA-27N). Take the ramp toward Pentagon North Parking Entrance/VA-110. Turn right onto Boundary Channel Drive (Pentagon Access Road toward VA-110). Take the first left into the North parking lot of the Pentagon. Follow directions from parking attendants.

### From Washington, DC:

Take I-395 S into Virginia. Take exit 10A for Boundary Channel Drive toward Pentagon North Parking. Keep right at the fork to continue toward Boundary Channel Drive. Turn right onto Boundary Channel Drive. Turn left into the North parking lot of the Pentagon via the South entrance.

## Parking

Parking is available in the North parking lot of the Pentagon.

- **ACCESS TO THE PARKING LOT WILL CLOSE AT 7AM.**
- Parking attendants will direct traffic within the parking lot.
- Be sure to have your parking credentials printed out and displayed on your vehicle's dash board.
- The southern exit to the lot will open at 9:45am to go south on Boundary Channel Drive.

## Photos

**Marathon-Photos.com** is the Official Photographer partner for capturing your exciting moments at the Navy 5 Miler 2011.

The "souvenir for life" for every participant is only available at <http://www.Marathon-Photos.com>

Please make sure you wear your Bib Number on your chest so that you can be identified and you will be able to find your photographs.

You will find your photos within 24-48 hours after the completion of the event; you will be able to search for your photos by either entering your bib number or family name. Each photo is optionally available either with your finishing time or for instance, as a photo certificate for download or as a printed copy.

We also offer the picture album "Digital Super Pack" at a special price. For one fixed price, we will supply all the identified photos of you in these ready-to-print formats either to download onto your computer or on CD: Photo Certificate - Race Time Photo - Commemorative Photo - Original camera file - web ready images.

We wish you a lot of fun at the Navy 5 Miler and hope you enjoy your photographs at <http://www.Marathon-Photos.com>

**PREPARE. EXECUTE. ACHIEVE.**



[www.navy5miler.com](http://www.navy5miler.com)

North Parking Lot of the Pentagon  
Arlington VA

# Rules & Safety

## Time Limit:

All participants must maintain a 15 minute pace and complete the race by 9:30am when official timing will end. Runners who do not complete the course before 9:30am will not receive an official 5-mile race time or result.

## Scoring:

All participants must have a race number to start and run. The D-Tag timing chip will be distributed with your bib at packet-pick up. Attach the D-Tag to your shoe and cross rubberized timing mats to receive an official race time. Any runners who do not wear their chip in the proper location, cross all timing mats or finish the race will be disqualified.

## Navy 5 Miler

### Policy:

The race will take place rain or shine and entry fees are non-refundable.

### Wheelchair Policy:

Push-rim and hand cycles will both be scored.

### Bib Policy:

Swapping is Not Allowed. Any unregistered runner that competes with a registered runner's bib number will be disqualified. If the bib number is associated with a team then that team will be disqualified from competition. Navy 5 Miler officials are taking a firm position on handing-off bib numbers because of liability issues and the adverse impact on scoring, results and awards. Bib numbers must be pinned to the front of your shirt.

### Audio & Video Devices:

You are not allowed to carry audio or video devices on the Navy 5 Miler course. Safety is our number one priority.

### Start Line & Race Course:

All participants must have a race number to access the starting chute. No spectators are allowed in the starting or finish chute.

The following items are prohibited on the race course: backpacks, pets, bikes, rollerblades, skateboards, strollers, cell phones, headphones, cameras, iPods, and any other audio/video device.

The following items are allowed on the race course: heart rate monitors, water bottles, GPS watches, medical kits and gel packets. Water belts, Camelbaks and fanny packs are subject to search.

### Start and Finish Area:

The following items are prohibited: coolers, glass containers, bikes, skateboards, rollerblades, pets and any item deemed to be a security threat.

The following items are allowed: Small purses/bags, backpacks, camera bags, baby bags and strollers are subject to search.

### Pentagon Photo Policy:

Please be advised that for security reasons, photographing of the Pentagon is prohibited.

## Awards

Awards will be presented to 1st, 2nd, & 3rd place overall, masters, wheelchair and 1st place team categories beginning at 10:30am. Age group and 2nd and 3rd place team winners must pick-up their awards at the awards tent after the awards ceremony. There will be no duplication of awards.

### Individual Awards:

1st, 2nd, & 3rd place will be awarded to:

- Overall Male & Female
- Master's (40+) Male & Female
- Wheelchair Male & Female
- Age Group Categories

|       |       |       |      |
|-------|-------|-------|------|
| ≤ 14  | 30-34 | 50-54 | 70 ≤ |
| 15-19 | 35-39 | 55-59 |      |
| 20-24 | 40-44 | 60-64 |      |
| 25-29 | 45-49 | 65-69 |      |

### Team Awards:

Awards will be awarded to 1st, 2nd & 3rd place teams in each category. The top 4 individual times on the winning teams will receive an award.

## Team Information

All team members must register as an individual for the race. Teams must have a minimum of 4 members, with a maximum of 8. Top 4 times will be combined to determine team time and placement. Teams cannot compete in more than one category.

## Runner Amenities

### Professional Timing:

Capitol Running Company will be providing the official timing of the race. D-Tags will be given out at packet pick-up

with your bib.

### Water:

Water will be provided at the start and finish area and 2 places along the course.

### Port-a-Johns:

Port-a-Johns will be provided in the village area.

### First Aid:

First aid station will be at the start and finish area with CPR and First Aid certified course marshals along the race course.

### Garment Check:

A tent will be provided, for runners only, to check personal belongings such as small bags, keys, clothing, etc. All items must be placed in clear bags provided by officials. Runners assume all responsibility for checked items.

### Post-Race Food & Beverage:

Post-race food and beverage will be available at the finish area for runners after the race.

### T-shirt:

Navy 5 Miler runner shirts will be given out when runners pick-up their bibs. Shirt size must be indicated when registering for the race. Change requests to size at time of pick-up will be denied.

### Packet Pick-Up:

We strongly encourage all runners to pick-up their race packet prior to race day.

### Runner's Coin:

Each runner will receive a finisher's coin.

### Race Photos:

Marathon-Photos.com is the Official Photographer partner for capturing your exciting moments at the Navy 5 Miler. Runner photos will be taken along the course by professional photographers. Bib numbers must be worn in front. You will be notified by email when your pictures are ready to be viewed.