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DC FRONT RUNNERS PRIDE RUN 5K

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RACE DAY GUIDE

SEVENTH ANNUAL DC FRONT RUNNERS PRIDE RUN

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Friday, June 7, 2019 ▪ 7:00 PM
Historic Congressional Cemetery
Washington, D.C.



DC FRONT RUNNERS PRIDE RUN 5K



RACE DAY GUIDE



Friday, June 7, 2019 @ 7:00 pm



Historic Congressional Cemetery, 1801 E Street SE, Washington, DC 20003.



Race venue is accessible via the Orange/Blue/Silver Lines. Exit at Stadium-Armory station. Signs will guide you along the short walk to the Cemetery.



There is limited street parking in the neighborhood.



Participants who have not yet done so should pick up their packets in the Cemetery Chapel. Participants will receive the t-shirt or singlet in the size and style they ordered. After the run, participants may exchange unworn shirts subject to inventory availability.



Each participant aged 21 and older will receive two beer tickets at packet pickup affixed to their bibs. Bring an official government ID to receive a beer bracelet. You must either wear this bracelet or show ID to be served beer after the race.



For participants aged under 21, a special table with snacks and drinks will be set up near the Cemetery Chapel sponsored by Wegmans. Participants are also welcome to food and water at other stations.



The Bag Drop tent, located near the Starting line, opens at 4:30 pm. Peak bag drop times are 6:30-6:55 pm and 7:45-8:15 pm. Bags must be picked up by 9:00 pm.



Begin lining up at 6:30 pm at the Cemetery's Gay Corner. Follow the road from the Gate House, turning left at the Chapel. Pre-race performances by Different Drummers, Cheer DC, and Gay Men's Chorus of Washington.



This is a USATF-certified, chip-timed, out-and-back 5K course. The route begins at Congressional Cemetery, traces the Anacostia Riverwalk Trail, before returning to the Cemetery. Course map can be viewed on www.dcfpriderun.com



Because the course route is narrow in places with sharp turns, the race start will be staggered into four one-minute intervals or Waves. Participants should place themselves in the appropriate Wave:

- ▶ Wave 1 = Likely finish time of less than 25 minutes
- ▶ Wave 2 = 25-34 minutes
- ▶ Wave 3 = 35 minutes or more
- ▶ Wave 4 = Walkers & Strollers



Race awards will be presented during the post-race Finish Line Party:

- ▶ Overall (Top 3 in male, female, and gender neutral)
- ▶ Teams (Top team in all-male, all-female, & mixed team)
- ▶ Age Group (Top 3 in each gender for 0-14, in five-year increments between 15 through 69, and 70+ years old)



The Finish Line Party takes place from 8:00-9:00 pm in front of the Cemetery Chapel:

- ▶ Water, snacks, and juice generously donated by Wegmans
- ▶ Beer from DC Brau, drinks from Starbucks, and veggie burgers from Beefsteak
- ▶ Music courtesy of Scorpio Entertainment
- ▶ Race awards ceremony
- ▶ DC Front Runners Dance Troupe debut 2019 Pride Dance
- ▶ Pride Run charities will be presented with checks
- ▶ Presenting sponsors will be recognized
- ▶ Raffle prizes by bib number with special prizes for under 21
- ▶ Visit our sponsor tents for special bling!



Race results will be immediately posted at www.dcfpriderun.com and sent to smartphones. Participants will receive a post-race summary email with a link to download your free race photos.



After the race, you can still donate to the Pride Run's five beneficiary charities by going to www.dcfpriderun.com