



# Potomac 5K

## 2024 Packet Pick-up and Race Day Details

### Parking

Parking is available in the surrounding neighborhoods.

### Virtual Runners

Thank you for running wherever you are to support the mission of Autism Speaks. You can [download your virtual bib here](#). Please tag us in your photos on social media: @autismspeaks, @autismspeaksteamup, and @autismspeaksmidatlanticchapter!

### Packet Pick-Up Information

Pre-race packet pick-up is strongly encouraged. You must present a photo ID. You may pick up a friend's packet. **T-shirt size exchange requests can only be made after the race.** We'll do our best to accommodate these requests.

### Pre-race packet pick-up

**Date:** Wednesday, July 3, 2024

**Time:** 4-6 p.m.

**Location:** [Potomac Presbyterian Church: 10301 River Rd. Potomac, MD](#)

### Race bib

- Your timing chip is located on the back of your race bib. Please do not remove this chip.
- Place your bib on your stomach or chest – be sure it's visible
- Do not cover your bib with clothing
- Do not bend your race bib and timing chip

### Important Schedule Details

The full schedule can be found on the [main page of the website here](#). **Please note: Opening Ceremonies will begin at 7:30 a.m., immediately followed by a short warm-up. 5K runners should be at the start line no later than 8:10.**

### Course Etiquette and Start Line Information

The Autism Speaks Potomac 5K/1-Mile Walk welcomes friends of all fitness levels. The certified 5K course runs through beautiful, shady, residential streets with a long downhill finish. **The 5K will start at 8:15 a.m. followed by the 1-mile walk at 8:25 a.m.**

- **5K runners should be at the start line area no later than 8:10 a.m.** We cannot guarantee start times will be registered after 8:25 a.m.
- We ask that walkers start at the back of the line so runners may keep their desired pace.
- Please stay to the right and allow for racers to pass
- Please be aware of your surroundings at all times

- The course is an out and back. Travel the course as if you're driving – to the right at all times. Participants should be no more than 2 abreast on the course at any time.
- If you're wearing headphones, be sure the volume is low enough that you can hear and respond to audible commands.

### **Race regulations:**

Participants will:

- Not be allowed on the course before the official gun start
- Be disqualified for starting early
- Not be allowed to participate with another participant's number
- Obey all directions by course monitors, police and safety personnel
- Unregistered participants, unauthorized vehicles, bicycles, skateboards, roller skates, in-line skates, walking poles and animals are prohibited along the course. All race regulations comply with liability insurance requirements and ensure your safety and the fairness of the race
- For safety reasons, the following are not permitted in the 5K: wheelchairs, strollers, baby joggers, skates, pets, or headphones.
- Race officials may cancel, delay or change the race to a non-scored event in the event of extreme weather or other conditions that may affect the safety and health of the participants. In the event of cancellation due to dangerous weather, no refunds will be issued.

### **Race results:**

Results will be available at the conclusion of the event. QR codes for viewing results will be posted near the finish line and at packet pick-up. Awards will be given in several categories.

### **Mile markers:**

There will be mile markers at each mile to let you know where you are on the course. There will not be split timers.

### **Water aid stations:**

We don't want you to go thirsty so there will be water available at the start, halfway mark, and finish of the course. Say hi to the awesome volunteers as you pass by!

### **Restroom facilities:**

Portable toilets will be in the library parking lot.

### **Awards Ceremony:**

Join us for a post event awards ceremony immediately following the race conclusion. Overall winners will be based on gun time. Age category winners will be based on chip time.

## **Course Maps**

[5K Course Map](#)

[1-Mile Walk Map](#)