



Potomac 5K

★ 25TH ANNIVERSARY ★

We are so excited to see you at the **Autism Speaks Potomac 5K** on **July 4th, 2025**. Below is everything you need to know about race day, including Packet Pick-Up, parking, course info, and more. Please read carefully to ensure a smooth and fun race experience! For location details and the race day schedule, please visit www.autismspeaks5k.org.

Know someone who still needs to register? Registration will be available during Packet Pick-Up on July 3rd and race morning (July 4th). However, we strongly recommend registering and picking up your packet on July 3 to avoid long lines and race morning stress. Race day registration requires arriving at least 30 minutes earlier.

Packet Pick-Up Information

We strongly encourage all participants to pick up their race packets in advance to save time and skip the lines on race morning.



Date: Thursday, July 3



Time: 4:00- 6:00 PM



Location: Potomac Presbyterian Church, 10301 River Rd, Potomac, MD 20854

- Participants may pick up a packet for a friend.
- T-shirt exchanges will only be accommodated after the race if the inventory allows.

Race Bib

- Your timing chip is located on the back of your race bib. Please do not remove this chip.
- Place your bib clearly on your stomach or chest.
- Do not have it covered with clothing.
- Do not bend your race bib and timing chip.

Virtual Runners

Thank you for supporting Autism Speaks and running from wherever you are. Don't forget to

take pictures and tag @autismspeaks, @autismspeaksteamup, and @autismspeaksmidatlantic in your social posts!

Parking

Parking is available in the surrounding neighborhoods. Please allow extra time for walking to the start area.

Race Start Times & Course Notes

Registration open & activities begin: 6:45 a.m.

Opening Ceremony: 7:30 a.m.

5K Start Time: 8:00 a.m.

- *Please arrive at the start line by 7:45 AM. Any runners arriving more than 7 minutes after the official start risk not having their start time recorded.*
- **1-Mile Walk Start Time:** 8:10 a.m.

Awards Ceremony: 9:30 a.m.

Friendly reminders:

- Faster runners at the front, walkers to the back.
- Stay to the right; no more than two abreast.

RACE REGULATIONS:

- Participants will:
 - Not be allowed on the course before the official start.
 - 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:
 - Dogs
 - Wheelchairs, strollers, baby joggers, skates, 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.

Water Stations & Facilities

- Water will be available at:
 - The Start Line
 - Mid-course
 - Finish Line
- Restrooms: Portable toilets are available in the library parking lot.

RACE RESULTS:

Race results will be available at the end of the event. QR codes will be posted around the finish line and at packet pick-up for the link to view the results. Awards will be given in several categories.

Awards Ceremony:

Join us for a post-event awards ceremony immediately after the race concludes. 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](#)

It's not too late to make an impact! Log in to your participant center to donate or invite others to support your run. Let's make the 25th anniversary of the Autism Speaks Potomac 5K the most impactful one yet!

We can't wait to see you on July 4th — and even sooner at packet pick-up!

Sincerely,

Ann Gibbons
202-971-7802