

2024 Marine Corps Marathon - Service Member Schedule

Washington D.C. * 25-28 Oct 2024

Team Semper Fi Phone (text and call) # (571) 946-1686

Time	Event	Location	Notes
Friday, October 25			
All Day	Arrivals	Washington Reagan	Staff will be at airport to direct you to shuttle
1000-2000	Optional MCM Expo - Please do NOT try to pick up your own bib	Gaylord National Resort	Staff will pick up your bib
1000-1700	NeuroFitness on the Go! (Prep and Recovery options)	Ballroom Level Potomac I & II	Mental/physical PT, prep, recovery options
1200-1700	TSF Check-in (first with hotel to get your room, then with TSF Staff)	Hyatt Regency Crystal City	Locals must check in as well
N/A	Lunch	On your own	
1730	Welcome Dinner Bar Opens	Hyatt Regency Ballroom Lower Level	
1800-2100	TSF Welcome Dinner and Entertainment	Hyatt Regency Ballroom Lower Level	ALL TSF Athletes and guests are welcome
1800	Welcome Dinner Food Served	Hyatt Regency Ballroom Lower Level	
1900	2024 TSF Highlight Video	Hyatt Regency Ballroom Lower Level	
1910-1930	Remarks from Karen Guenther and General Dunford	Hyatt Regency Ballroom Lower Level	
1930	Mentalist/Magician	Hyatt Regency Ballroom Lower Level	
2030	Team Picture	Hyatt Regency Ballroom Lower Level Foyer	At the completion of the entertainment
2230	Lights Out	Hyatt Regency	
Saturday, October 26			
All Day	TSF Members and Guests have today to sight see etc	On your own	Optional activities
	Breakfast	On your own	
0700	Runner Battalion shake out run	Independence Level Foyer	Runner Battalion Only
0800-0930	TSF Vendor Village	Independence Level Foyer	Various samples, freebies and giveaways from vendors
0800-2000	MCM Runner Expo	Gaylord National Resort	Take public transportation to Gaylord Resort (optional, on your own)
0800-1000	TSF Info Booth/ Race Info/Late check in	Independence Level Foyer	Check in if you were not able to on Friday
0800-1000	Gear Swap	Independence Level Foyer	If you need to swap sizes of TSF MCM apparel
0830-0930	Optional Yoga Session 1	2nd Floor-Tidewater II Room	Able-bodied yoga (Sign up link will send on Oct 24th)
0900-1200	Handcycle Check and Load in Box Truck	Ballroom Level-Washington Room A&B	
1000-1100	Optional Yoga Session 2	2nd Floor-Tidewater II Room	Adaptive chair yoga (Sign up link will send on Oct 24th)
1000-1700	NeuroFitness on the Go! (Prep and Recovery options)	Ballroom Level Potomac I & II	Mental/physical PT, prep, recovery options
0930	Kids Run participants and family meet in hotel lobby	Hyatt Regency Lobby	All Kids/Parents/Staff
0930-0945	Kids Run Load Busses and depart to race start	Hyatt Regency Lobby	All Kids/Parents/Staff
1045	Outdoor Kids Expo	Pentagon - North Parking Lot	All Kids/Parents/Staff
1120-1130	Meet at race start	Pentagon - North Parking Lot	All Kids/Parents/Staff
1140	Kids Run	Pentagon - North Parking Lot	Pink Wave
1200-1215	Post Kids Run meet at bus for return to hotel	Pentagon - North Parking Lot	All Kids/Parents/Staff
TBD	Lunch	On your own	
1730-2030	TSF Athlete/Guest and Community Carnival	Hyatt Regency Independence A&B	TSF Athletes, Guests and SF&AF Community Runners
2200	Lights Out	Hyatt Regency Crystal City	
Sunday, October 27			
0500-06:00	Breakfast	Independence A Foyer	Grab and go breakfast
0515	Handcycle Athletes Meet in Lobby	Hyatt Regency Crystal City	Staff will be in Lobby to guide to shuttle
0530	Handcyclists Depart for Charity Village/Race Start Line	Hyatt Regency Crystal City	3 ADA Busses
0530-0630	50K, Marathon Athletes Walk to Shuttle or Metro	Hotel Lobby to 23rd & Crystal Drive	Crystal City Metro-Yellow or Green Line to Navy Archives
0545-0630	10k Athletes Walk to Metro	Crystal City	
0600-0650	Handcyclists to TSF Charity Tent for last minute cycle fixes, drop gear etc	Charity Village	
0635	50k Runners Report to Start Line	Pentagon/Arlington Cemetery	
0705	Handcyclists to start line	From Charity Hill to Start line (Back fill)	
0715	50K Run Start	Pentagon/Arlington Cemetery	
0715	All Marathon Runners Report to Start Line	Pentagon/Arlington Cemetery	
0715	All 10k Runners Report to Start Line	National Mall	
0745	Handcycle Start	Arlington Cemetery	
0755	Marathon Runners Start	Arlington Cemetery	
0755	10k Runners Start	National Mall	
0745-1500	Race	Washington DC	Everyone must check in at SF&AF Charity Village tent and turn in your wristband upon completion of your race
0930-1500	Post Race Festivities	TSF Tent - Charity Village	Check-in, food, massage, pick up your gear
1200-1700	NeuroFitness on the Go! (Prep and Recovery options)	Ballroom Level Potomac I & II	Mental/physical PT, prep, recovery options
1100-1500	Shuttles to Hotel/Metro to Hotel	TSF Tent - Charity Village or Finish Village	10k & 26.2 and 50K Runners will use the MCM shuttles or Metro to return to hotel. TSF will have a shuttle for non-ambulatory service members
1530-2000	Handcycle Breakdown	Ballroom Level-Washington Room A&B	Handcyclists MUST breakdown and pack their own bikes.
Monday, October 28			
Morning	Departures	Reagan Airport (DCA)	Use hotel shuttle or arrange your own transportation. Hotel shuttle starts at 4:20am and runs consistently throughout the day about every 15-20 mins.