Hello Team and Happy Marine Corps Marathon Week!

We are excited to see each of you in Washington, D.C. for the 2026 Marine Corps Marathon! Please review the information from our MCM Weekend Website at www.thefund-tsf.com and below is vital information for the weekend. Please take the time to review all the information below to aid in your preparation for this event.

1. Air Travel Arrivals

- Please download the app for your airline(s) and sign up for text alerts.
- Arrive at your departure airport on time! If you miss your flight, YOU are responsible for changes and flight modifications. Let TSF staff know of any delays over 2 hours or flight cancellations by calling or texting the COC Phone: **775-239-2333**. **Store this number in your phone before travel so it's handy if you need it.**
- When you land at Reagan International Airport (DCA) follow the signs to baggage claim as necessary. Pick up bags (if you checked any).
- If you need any assistance or help with anything, TSF staff will be between doors 3-4 and 7-8 from 0900-1730. Look for the signage and staff in Semper Fi & America's Fund football jerseys with backpack flags.
- If you have a handcycle with you, please locate our staff and we will assist you with getting your handcycle to the hotel.
- SF&AF staff will guide you toward the Hyatt Regency Crystal City hotel shuttle located at Terminal 2 Arrivals Level Door 2 (against the curb) and Door 10.
- There are a few of you that will arrive at Terminal 1 (Southwest). It is a short walk to Terminal 2 or you can take the airport shuttle over to Terminal 2.
- Shuttles are provided by the hotel and run every 20 minutes. You shouldn't have to wait long for the shuttle once you've picked up your luggage. It's a 5-minute shuttle ride from the airport to the Hyatt.

2. Self-Driving Arrivals

- Drive to HYATT REGENCY CRYSTAL CITY:

2799 Richmond Highway, Arlington, Virginia, United States, 22202

- Please try to arrive at the hotel before 1700. If you cannot do that, please call the COC phone (number listed above) to advise.
- Team Members who are driving will go to the hotel upon arrival. Use the valet at the front of the hotel. Parking fees will be added to your room and paid for by the Semper Fi & America's Fund.
- DC is a nightmare for traffic, especially on a Friday. Please add extra time to your travel time for arrivals and departures. Also pack your patience!

3. Hotel Arrival

- Arrive at hotel and check into your room. If you arrive before 1500 there is no guarantee that your room will be ready. You may leave luggage at the front desk as necessary until your room is ready.
- After checking into your room, go down the escalator or elevator to the main TSF check-in on the "Regency Level"- there will be signage so you can't miss us. There, you will receive your swag bag, weekend information, credentials, wristbands, race bib, and other goodies.
- Please try to check in with us before 1800 (depending on flight arrival).

4. Late Arrivals or locals

- Those who arrive late on Friday (after 1800) and are unable to check in with TSF staff will be able to check in and receive your swag, bib and per diem on Saturday morning starting from 0800-1000. We will have a table set up outside of Potomac 1 & 2.

- If you were unable to check in with us before 1800 on Friday, please join us for the welcome dinner and game night in Regency Ballrooms A-D Lower Level at the hotel from 1830-2030!

5. Waivers

- You will receive a separate email with a link to fill out the electronic waiver. Please ensure that you and your guest have the electronic waivers signed before October 23rd. If you did not provide your guest's email you will probably get two waivers. Please forward to guests as required. Waivers must be completed for minors by an authorized adult.

6. Packing list

- Below is a suggested packing list. This is a general list thoughtfully put together, but you should be sure to evaluate your specific needs to ensure you are prepared for the weekend.
- Pack your patience! There are logistical complications, delays, changes, etc. during this event and much of it will be out of your control. Remember why you are there. Enjoy the ride!
- Service Members and racing guests will receive a few apparel items, including race shirt and other SF&AF apparel/gear. Non-running guests will receive a SF&AF t-shirt.
- Weather in the DC area is always unpredictable. The current forecast is daytime highs in the low 70's and overnight lows in the low 50's. There is always the potential for rain. Continue to check the weather up to your departure and please pack accordingly.

1. **Pack List**
    - Basic casual wear
    - Casual attire for Friday's welcome dinner and game night
    - Your coolest TSF or SF&AF gear for Saturday night's pasta dinner (see attached flyer)
    - Toiletries
    - Medications
    - Sunscreen
    - Sunglasses
    - Electronics chargers
    - Extra spending money (You will be provided a per diem check upon arrival)
    - Debit Card or Credit Card (you WILL be asked to put a credit/debit card down with the hotel for incidental charges). Note: if you use a debit card, the hotel will put a $250 hold charge on your card until you check out. That money will be refunded upon checkout provided there are no incidentals.
    - Running Shoes as required.
    - Running apparel (bring what works for you: shorts/pants/tights, gloves, hat/visor, compression, etc). You will be provided a SF&AF running shirt.
    - Handcyclists should pack their TSF cycling kit. We will not have cycling kits available at the hotel.
    - **PRO TIP- It is normally cold in the morning on race day and then warms up. Bring old, disposable, warm clothes for race start (think sweats/sweatshirt or a running suit; we suggest getting something you can part with or going to a thrift store). You can discard them at the race start line. These discarded items are collected by the race crew and donated to shelters or thrift stores.**
    - On course nutrition (optional)
    - Any required chafing cream or stick such as body glide

- WATER BOTTLE
- Disposable/inexpensive rain poncho (depending on the forecast)
- Extra Prosthetic, wheelchair, or handcycle parts/tools (as needed)
- **Runner Battalion -Pack your specific Runner Battalion earned gear.**
- **Road to MCM - Pack your specific R2MCM earned gear.**

7. Handcycles/Push-Rims

- Make sure your equipment in good mechanical condition!
- Bring TSF or TAF cycling jersey and shorts if you have them. If you don't have them, wear what you usually cycle in or wear the TSF tech shirt provided.
- Helmet (You are REQUIRED to wear a helmet on course).
- Extra tubes, tool kit, patch kit. Check that your tires are in good condition. Your bike needs are your responsibility.
- Handcycle flag-REQUIRED.

8. Spectators

- Here are a few tips if you are bringing a non-running guest and they want to meet you along the course and cheer you on.
  - Have them use the MCM website and download the latest version of the MCM app to track you! **https://www.marinemarathon.com/event/marine-corps-marathon/before-you-go/**
  - Plan ahead! Use this week, to talk to your guest, look at the map and plan their route to meet you at various places around the course
  - Metro is the quickest- Get your cards ahead of time. Use Google maps or Smart Trip App
  - Wear comfy shoes! Spectators- Plan to walk at least 5-12 miles!
  - Nutrition and Hydration! Spectators need snacks too!
  - Only the guests that registered as a spectator will be sent a QR code to get into Charity Village if they want to meet you at the finish. More information on the TSF MCM webpage here: **https://www.thefund-tsf.com**

9. Schedule notes and Additional Info (please refer to attached schedule or website for more information)

- We will be offering optional yoga sessions Saturday morning/afternoon - open to everyone. Spots are limited. If you sign up you are expected to attend.

Yoga Class 1 (able-bodied, restorative class)
Saturday, Oct 24, 0830-0930
Location: Tidewater II Room
Registration HERE (opens 21 Oct at 11am ET)

Yoga Class 2 (chair yoga)
Saturday, Oct 24, 1000-1100
Location Tidewater II Room
Registration HERE (opens 21 Oct at 11am ET)

Final Notes:

***Each attendee is permitted to bring only the one guest they registered during the registration period (if a guest was registered). Please do not bring additional guests under any circumstances.**

*You do not need to go to the Building Museum to get your race bib. If you decide to go to the Building Museum for the expo for the experience, please do not attempt to pick up your race bib (it won't be there).

*Race morning Sunday is EARLY! We will be walking to the shuttles before the sun rises and you can expect to be cold/wet. Be prepared with toss away warm clothing (MCM will pick up and pack clothes and donate to shelters post-race).

*For a more detailed schedule of events, please refer to the TSF event details website:
https://www.thefund-tsf.com/

Again, please save the TSF COC Phone: **(775)239-2333** before your arrival**.** Any questions or non-medical/safety emergencies can be texted or called on that number all weekend.

We look forward to celebrating a season of training and preparation!

- Team Semper Fi Staff