

Hello Team!

The 2025 Marine Corps Marathon is A-GO and we are excited to see each of you in Washington, D.C. for this race weekend! Attached is the schedule of events 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

- 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 text the TSF Phone: **320-427-4513**. **Store this number in your phone before travel!**
- When you land at Reagan International Airport (DCA), follow signs to baggage claim as necessary. Pick up bags (if you checked any).
- If you need any assistance, TSF staff will be between doors 3-4 and 7-8 from 0900 – 1730. Look for signage and staff in Semper Fi & America's Fund baseball jerseys with backpack flags.
- If you have a handcycle with you, please locate our staff for assistance with transporting 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.
- If you arrive at Terminal 1 (Southwest), it is a short distance to Terminal 2 – you may walk/roll or take the airport shuttle 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:
 - i. [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 TSF Phone (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 Semper Fi & America's Fund.
- DC is a nightmare for traffic, especially on a Friday. Plan extra travel time for arrivals and departures. Also – pack your travel patience!

3. Hotel Arrivals

- Arrive at hotel and check into your room. If you arrive before 1500, there is no guarantee your room will be ready. You may leave luggage at the front desk as necessary until your room is available.
- After checking into your room, go down the escalator or elevator to the main TSF check-in on the “Independence Level” – there will be signage all over. There, you will receive your swag bag, weekend information, credentials, wristbands, race bib, and other goodies.
- Please try to check in with us before 1730 (depending on flight arrival).

4. Late Arrivals or Locals

- Those who arrive late on Friday (after 1700) and are unable to check-in with TSF staff will be able to check-in and receive your weekend items on **Saturday morning from 0800 – 1000**. We will have a table set up outside of Independence A in the foyer during the TSF Expo.
- If you are unable to check-in with TSF staff before 1730, please join the Welcome Dinner and Entertainment in Regency Independence A & B Lower Level at the hotel from 1830 – 2000.

5. Waivers

- You should have received a separate email with a link to complete the electronic waiver last week. 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 get two waivers – forward to your guest 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. Be sure to evaluate your specific needs to ensure you are prepared for the weekend events.
- Pack your patience! There can be logistical complications, delays, changes, etc. during this event and much of it will likely be out of your control. Remember why you are here and enjoy the ride!
- Service Members and racing guests will receive a few apparel items, including race shirt and SF&AF apparel/gear. Non-running guests will receive a SF&AF t-shirt.

- Weather in the DC area is unpredictable – the current forecast is daytime highs in the 60's and overnight lows in the 40's. There is always a potential for rain. Continue to check the weather up to your departure and pack accordingly.
- PACKING LIST
 - i. Basic casual wear
 - ii. Casual attire for Friday's welcome dinner
 - iii. Your coolest TSF/SF&AF gear for Saturday's dinner and bingo night!
 - iv. Toiletries
 - v. Medications
 - vi. Sunscreen
 - vii. Sunglasses
 - viii. Electronics chargers
 - ix. Extra spending money (you will receive a per diem check upon arrival)
 - x. Debit/Credit Card (you WILL need to put a card down upon hotel check-in for incidental charges). Note: if you use a debit card, the hotel puts a \$250 hold charge on your account until check-out. That money will be released upon check-out provided no incidentals.
 - xi. Running shoes (as required)
 - xii. On course nutrition (as needed)
 - xiii. Chafing cream/body glide (as needed)
 - xiv. WATER BOTTLE
 - xv. Rain poncho (weather dependent)
 - xvi. Running apparel (bring what works for you: shorts/pants/tights, gloves, hat/visor, compression, etc.).
 - xvii. HANDCYCLISTS: pack your TSF cycling kit – we will not have these on site.
 - xviii. Extra prosthetic, wheelchair, handcycle parts/tools (as needed)
 - xix. **Runner Battalion** – pack your specific Runner Battalion earned gear.
- ***PRO TIP – It is normally cold in the morning on race day and warms up. Bring old, disposable warm clothes for race start (think sweats or a running suit – we suggest something you can part with or check out a thrift store). You can discard these items at the race start line and they are collected by the race crew and donated to shelters/thrift stores.***

7. Handcycles/Push-Rims

- Make sure your equipment is in GOOD mechanical order before departures!

- Bring TSF or TAF cycling jersey and bottoms if you have them. If you do not have these items, wear what you usually cycle in or the received TSF race shirt.
- Helmet – you are REQUIRED to wear a helmet on course.
- Extra tubes, tool kit, patch kit – check your tires are in good condition prior to departures. Your bike needs are your responsibility.
- **Handcycle flag – REQUIRED.**

8. Spectators

- Some tips for non-running guests should you want to meet your service member along the course:
 - i. Use the MCM website and the TSF MCM Event website to review the latest updates and download the MCM tracking App.
 - [MCM WEBSITE](#)
 - [TSF MCM EVENT WEBSITE](#)
 - ii. PLAN AHEAD! Use this week to talk with your guest, look over maps, and plan a route to meet you at various places around the course.
 - iii. Metro is the quickest way to get around on race day. Get your cards ahead of time. Use Google Maps and the DC Metro planner linked on the TSF MCM Event website.
 - iv. Wear comfy shoes! Spectators – plan to walk at least 5-12 miles on race day.
 - v. Nutrition and hydration – spectators needs snacks too!
 - vi. Only the guests that registered as a spectator will be sent a QR code to get into Charity Village to meet racers after the finish. More information can be found on the TSF MCM Event website above.

9. Schedule Notes and Additional Info (see schedule and/or TSF MCM Event website):

- Friday from 1830 – 2030 in Independence Room A –
 - i. Team welcome dinner and team trivia night. Dinner will be served while you compete against your TSF teammates in a “bar style” trivia competition. Bring your thinking caps! *The meal will be served buffet-style, so if your flight arrives after the start time, you are welcome to join us at any point during the event. Help yourself to food and join a team to participate in trivia!*

- Saturday from 0730 – 1000 on the Independence Level –
 - i. A mini “Vendor Village” will supply various samples, freebies, and giveaway from vendors. This is also the time to exchange TSF gear sizes (as available) and check in if you were unable to on Friday.
- Saturday from 0830 – 1100 in Tidewater II Room by registration only –
 - i. Optional yoga session open to everyone! Sport to attend are LIMITED, so only sign up if you are committed to attending.
 - ii. Yoga Class 1 (able-bodied, restorative class)
 - Saturday, Oct 25, 0830 – 0930
 - Location: Tidewater II Room
 - [REGISTRATION LINK](#) (opens Oct 22 @ 1100 ET)
 - iii. Yoga Class 2 (chair yoga)
 - Saturday, Oct 25, 1000 – 1100
 - Location: Tidewater II Room
 - [REGISTRATION LINK](#) (opens Oct 22 @ 1100 ET)

10. Final Reminders

- Each attendee is permitted to bring only the ONE GUEST they registered during the TSF event registration period (if a guest was registered). You are not permitted to bring additional guests under any circumstances.
- You will not need to go to the Gaylord for race bib pick-up. If you decide to go to the Gaylord for the expo, please do not attempt to pick up your bib – it won’t be there.
- Sunday race morning is EARLY! We will be walking to the shuttles before the sun rises, and you can expect it to be cold/wet. Be prepared to toss away warm clothes (to be collected by MCM to donate later).
- For a more detailed schedule of events, please refer to the TSF MCM Event website: <https://www.thefund-tsf.com/>.

Again, please save the TSF COC Phone: **(320) 427-4513** before you travel. Any questions or non-medical/safety emergencies can be communicated via that number all weekend (call and text). Someone from our team will answer as soon as possible – you will also receive TSF Event updates/information from this number throughout the weekend.

We look forward to seeing everyone soon!

- Team Semper Fi Staff