

BKB | Annual 5K Run/Walk

**BRIAN K BETTS
FOUNDATION**

Venue: West Potomac Park, Washington, DC
Location: 23rd & Independence going east toward
Jefferson Memorial

Date & Time: Saturday, May 19, 2012 – 8:00 a.m.

RUN/WALK DONATION: \$25.00

Join us for a morning of fun in scenic West Potomac Park. The 5K Run will start promptly at 8:00a.m. and the Walk will follow immediately after all runners have cleared the start line. The certified 5K course is flat and fast alongside the Potomac River.

There is no race day registration at West Potomac Park. Suggest early registration. The last day to register will be Friday, May 18th. Registration fee goes up to \$30.00 on May 18th.

Charity

All proceeds will benefit the Brian K. Betts Foundation for Educational Enrichment. The foundation was set up by his family to carry on his legacy of enriching education for all students.

Race Info

ChronoTrack Timing and Scoring by the Capital Running Company to score the 5K Run. The ChronoTrack system uses a computer “tag” tied to each runner’s shoelaces and records the exact time a runner crosses the starting line and the finish line, resulting in a net time for each runner. Overall Runner awards will be based upon clock time and age groups awards will be based upon transponder times.

Certified course; nutritional food and water; plenty of volunteers; Renowned DJ Urban Cowboy; scenic National Park Setting

Awards

Monetary prizes for top overall running finishers, male and female (\$100, \$75, \$50)
Merchandise prizes for top running winners in multiple age categories: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over
Merchandise prizes for top running co-ed team combined time (4-person with at least one

male and one female). When registering, each individual on the team must register separately and put the team name exactly as it is listed.

Awards Ceremony following completion of race. There will be music provided by the renowned DJ Urban Cowboy, food, water, and random prizes.

All Registered runners/walkers are eligible for random prizes to be given away during the post-race ceremony – **YOU MUST BE PRESENT TO WIN**

T-Shirts

This event offers a uniquely designed short-sleeve t-shirt to registered runners and walkers.

Amenities

Post race refreshments, unique designed short-sleeve t-shirt to registered runners and walkers, race bags with samples, coupons, etc. and an opportunity to win awards either in the 5K Run or random prizes given during the post-race ceremony. **YOUR MUST BE PRESENT TO WIN RANDON PRIZES.**

Packet Pick-up Location

Register in person, pick up your bib, t-shirt and disposable Chrono-Track D-Tag on May 18th at a location to be announced at a later date. Runners are allowed to pick up bibs and t-shirts for family and friends. No ID is required to pick up bibs and t-shirt for others. T-shirts **cannot be mailed.**

Parking

Parking is limited in West Potomac Park. The metro stations closest to the park are Smithsonian and Federal Triangle and Foggy Bottom/GWU.

Metro doesn't start operating until 7:00 a.m. on weekends. That will not give enough time for participants in the outlying suburbs to get to the race by 8:00 a.m. An alternative would be to find a friend to drop you off at 23rd and Constitution Ave before the run and you could then ride metro home. The closest metro stop to the event site is Foggy Bottom/GWU on the blue and orange lines.

Parking is not allowed on Ohio Drive in West Potomac Park or along Independence Ave at any time. Try to locate side street parking north of Constitution Avenue NW between 18th - 23rd Streets. There are 320 free parking spaces near Hains Point (East Potomac Park).

Event Coordinators: Doris and Gary

Event Email Address: BKBAnnual5K@tampabay.rr.com

Event Website: www.BrianKBettsFoundation.org and www.Facebook.com/bkbfoundation