

39th Running



Credit Union Cherry Blossom Confirmed Runner Instructions



Sunday, April 3, 2011
10 Mile Run at 7:40 A.M.
5K Run-Walk at 8:40 A.M.
Presented by Kaiser Permanente
Washington Monument Grounds
Washington, D.C.

www.cherryblossom.org

10-Mile strictly limited to sub 2 hour and 20 minute net times

Ride Metro to the Race

Metro opens at 5:00 A.M. on race day.

The Smithsonian stop (Orange and Blue lines) is 1/4 mile from the start and finish line.



Important Instructions: In order to streamline packet pick-up you should bring your confirmation email or printed entry documentation to the National Building Museum on Saturday or to the Washington Monument Grounds on Sunday. We will not post a “Number Look-up” list this year at either location as this slows down the process for everyone. We would like to reward those who follow our instructions and bring their Confirmation information with a faster packet pick-up process. Runners arriving without entry documentation will need to report to the “Solutions” table at the National Building Museum or to the “Solutions” table on Sunday where race personnel will look up your number. Your confirmation email or printed documentation will contain your name, bib number, age, sex, t-shirt size or upgrade size (if you purchased an upgrade) and if you ordered a finisher’s medal. If you supplied us with an email address when you registered, you will find this information in your confirming email which you should bring with you. If you did not supply an email address, you will need to bring your printed confirmation brochure which contains this information on the mailing label. Any problems with registration must be handled on Saturday, April 2. Runners are encouraged to pick up their own numbers, but others may do so with an authorizing note (an email is ok) from you, and proper ID for themselves.

Congratulations! You are officially entered in the 39th Credit Union Cherry Blossom Ten Mile Run or the 5K Run-Walk Presented by Kaiser Permanente. We are delighted you have chosen to participate in our event — our 10-Mile is one of the top road races in the world and our 5K Run-Walk is designed to provide our gentler runners and walkers with an opportunity to participate as well. We are excited about our courses, which pass by the national monuments and cherry trees at the city’s most scenic time of year.

On Saturday, the Health & Fitness Expo takes place at the spectacular and historic National Building Museum in downtown Washington, DC. Sunday’s events are staged on the Washington Monument Grounds.

Please read this brochure, visit the event website at www.cherryblossom.org and you should be able to find answers to your questions.

Important Reminders for 2011

Save Registration Delays — Bring this Entry Confirmation with You to Packet Pick-up: You are strongly encouraged to know your bib number, listed in your email or on the mailing label, when you arrive at the National Building Museum on Saturday or the Washington Monument Grounds on Sunday. The best way is to bring a print out of the information that is contained in this Confirmation email or brochure. *We will not be posting “Number Look-up” lists at packet pick-up on either Saturday or Sunday. If you arrive without knowing your number, you will need to report to the “Solutions” table, which will slow down your packet pick-up process.*

Our Greening Initiatives: You will notice — and we hope participate in — a number of “Greening Initiatives” this year as the race works toward certification as an environmentally-friendly event by the Council for Responsible Sport. There will be four recycling locations on the Washington Monument Grounds with individual, clearly marked containers to separate compostable and recyclable items from general trash. In addition there will be containers on 15th St. near Constitution Ave. to deposit your disposable D-Tags, recyclable race numbers and reusable safety pins. We will select four individuals to receive a free, guaranteed entry into the 2012 race from among those who turn in their D-Tags at these stations.

Valet Bicycle Parking: To encourage use of bicycles, the organizing committee, in conjunction with the National Park Service, will provide valet bicycle parking on Independence Ave. between 14th and 15th Sts. Bicyclists will be able to lock their bikes inside an enclosed, *unsupervised* area for the duration of

the race.

Strict Enforcement of 2 hour and 20 minute time limit in the 10-Mile: We are privileged to be able to use the Washington Monument Grounds on the National Mall, perhaps the highest-visibility venue in the world, during the National Cherry Blossom Festival, its busiest time of the year. Our part of the arrangement under which we receive our permit is that all our runners will be off the course by 10:30 A.M. *This means we will seal off the starting line at 8:00 A.M. so no runners can start late*, and any runner who is not maintaining a 14-minute per mile pace (calculated from the start of the final wave) will have to leave the course at the five-mile mark, which is located ¼ mile from the start-finish line area. We will place barricades across the roadway and entrants will not be allowed to continue. Runners who are under a 14-minute-per mile pace at half way but slow down during the second half of the race will be required to leave the course and board our sweep vehicle. The 10-Mile race is clearly a “run” and not a walk. Walkers are welcome in our 5K Run-Walk (which has a 65-minute time limit for 3.1 miles or about 20-minutes per mile pace). If you have entered the 10-Mile and are uncertain as to whether you can maintain a sub 14-minute per mile pace, you can switch yourself simply by completing a form on the event website, www.cherryblossom.org.

Full Service Staging Area for the 5K Run-Walk: Participants in the 5K Run-Walk Presented by Kaiser Permanente will find all of the pre-and post-race amenities including pre-and-post race water, porta-potties, post-race food and bag check in the 5K staging area located adjacent to Independence Avenue near the Sylvan Theater.

Wave Start: The 10-Mile will use a wave start. Runners will be assigned to one of six color-coded starting corrals based on previous race times. Colors on bib numbers will match starting corrals. *It is the color on your bib, not the number, that determines your starting corral.* After our elite, seeded, and sub-seeded runners, there will be five additional waves of approximately 2,500 to 3,000 runners each. The waves will start at three-minute intervals. This should ease crowding on the course. Runners outside the top 25 males and females will be scored on net times. The waves are as follows:

Yellow corral – The yellow corral will be broken into three sections: The Elite Section is for Elite runners with bib numbers from 1-100; Seeded Sub-section “A” is for seeded runners with yellow bib numbers containing the suffix “A” (101A, etc.); and Seeded Sub-section B is for seeded runners with yellow bib numbers containing the suffix “B” (401B, etc.). All three yellow sections will

Contacting Us

Race Website: www.cherryblossom.org

General Race Email: info@cherryblossom.org

Race Registration Questions or Corrections: entries@cherryblossom.org

Race Hotline: 301-320-3350

Please check our website at www.cherryblossom.org for late breaking news, general information, and answers to your questions. From the website, you may email us with registration corrections, about volunteering, team competition, or general questions not answered on the site.

If you cannot find the answer to your question on the website, email is the preferred method of contacting us. We pride ourselves on responding to emails promptly. However, please only use only the single email address listed for your type of inquiry; do not randomly send emails to every email listed in this brochure and on the website. This slows down our response time.

You may contact us on the race hotline, which is connected to an answering machine. To avoid double work on our part, which slows down response time, please only use one method of contacting us — email, the preferred method, or the hotline.

If leaving a voice-mail, please spell your name, address, phone and email. *Do not contact us both by email and by voice. This slows down our response time.*

Not Running?—Be a Volunteer

We always need lots of volunteers. So, if you can’t run this year (or your spouse, family member — over 14 please — or a friend would like to help), why not volunteer to work the race? Not only will you help put on the finest 10-mile race in the nation, you’ll be getting something for your efforts — a long-sleeve volunteer T-shirt and a transferable guaranteed entry into the 2012 race. If you’re interested, you may sign up at the race website, www.cherryblossom.org, or contact Marsha Way, Volunteer Coordinator for Individuals, at marsha@cherryblossom.org, or leave a message on the race hotline, 301-320-3350.

Official Race Merchandise On the Web, at the Expo and at Potomac River Running stores!

We currently are offering an array of New Balance branded “Official Credit Union Cherry Blossom” apparel and other items for sale on the race website and at the eight Potomac River Running stores. We will feature an expanded selection in our “Credit Union Cherry Blossom Official Merchandise Store” at the Health and Fitness Expo at the National Building Museum on Saturday, April 2. Items available include New Balance Credit Union Cherry Blossom apparel, hats, mugs, bags, posters and other commemorative items. Pick up a race memento for yourself or as a gift. In addition, you will find items from previous years at closeout prices.

start at the same time.

Red corral – Runners with red bib numbers are in the second wave

Blue corral – Runners with blue bib numbers are in the third wave

Orange corral – Runners with orange bib numbers are in the fourth wave

Green corral – Runners with green bib numbers are in the fifth wave

Purple corral – Runners with purple bib numbers are in the sixth wave

Please cooperate with race officials by lining up in the proper corral. If you are running with friends or family members who are in different corrals, you may line up in the *slowest* corral of any member of the group.

To accommodate the size of the field, the main race will start at 7:40 A.M. Here is the timeline.

7:30 A.M. - Advance start for elite women. This start will be for approximately 30 of our elite and seeded women. This will enable us to showcase the elite women's competition in a manner that is not possible in a "mixed" race.

7:39 A.M. – Wheelchair competitors (push-rim only)

7:40 A.M. - Elite men and first wave start for men and women (additional waves will depart at approximately 3 minute intervals)

7:55 A.M. - Final wave starts

8:00 A.M. – *Start line is sealed off. No starters after this time.*

8:15 A.M. - Half Mile Kids Run starts on the Washington Monument Grounds.

8:40 A.M. - 5K Run-Walk Presented by Kaiser Permanente starts on Independence Ave.

No Age Group Awards Given Out on Race Day: Due to problems created by unauthorized number switching, we will not give out age-group awards at the race day awards ceremony. Age group awards will be mailed out two weeks after the results are declared final on April 30.

Before Race Weekend

Registration Corrections

If you are receiving this confirmation by email, the email message contains your registration information. If you are receiving it by mail, your registration information is printed on the self-mailer side. *Please help by contacting us with any corrections prior to race weekend.* You may contact us by email: enquiries@cherryblossom.org (strongly preferred); by phoning the registrar's office, 301-871-0400; or by mail at Credit Union Cherry Blossom Ten Mile Run, P.O. Box 5366 Rockville, MD 20848. *Email is the preferred method.* If you enter voicemail on the registrar's line, you may leave a message with any corrections that need to be made or leave a number—indicating whether it is daytime or evening—and *we will return your call.* Please contact us by one method only. No changes can be handled on race day. Entry fees are not refundable.

Headquarters Hotel

Our race headquarters hotel, the Grand Hyatt Washington, 1000 H St., NW,

Washington, DC, is **sold out**. Details about other lodging options appear on the race website.

Saturday, April 2

Health & Fitness Expo and Pre-Race Bib Number Pick-up

Saturday, April 2, 2011

9:30 A.M. - 5:30 P.M. (Bib pick-up closes at 5:15 P.M.)

National Building Museum

401 F St., NW

Washington, DC 20001

Judiciary Square Metro Stop (Red Line)

Race packet pick-up is only for confirmed entrants, although non-participants are invited to attend the Health & Fitness Expo. There is no late registration.

In order to avoid overcrowding and long lines at the National Building Museum, if possible please pick up your bib number on Saturday according to the following schedule, based on your last name:

G-M 9:30 A.M. to 11:00 A.M.

N-Z 11:00 A.M. to 12:30 P.M.

A-F 12:30 P.M. to 2:00 P.M.

All Letters 2:00 P.M. to 5:15 P.M. (sharp)

We understand that personal scheduling limitations may mean you must come at a different time, but you will help everyone by adhering to this schedule if possible.

Virtual Goodie Bags and Bag Check Bags

About two weeks before race day, you will receive by email a "Virtual Goodie Bag" loaded with special electronic offers from our sponsors and other vendors. We still will provide clear plastic Bag Check bags at packet pick-up.

Honorary Race Chairs

Sen. James E. Risch	Rep. Charlie Dent	Rep. Kevin Yoder	Rep. Sean Duffy
Sen. Jon Tester	Rep. Cynthia Lummis	Rep. Lloyd Doggett	Rep. Sheila Jackson Lee
Sen. Kelly Ayotte	Rep. Dave Loebsack	Rep. Lucille Roybal-Allard	Rep. Shelley Moore Capito
Sen. Max Baucus	Rep. Donna Christensen	Rep. Marcia Fudge	Rep. Spencer Bachus
Sen. Michael Enzi	Rep. Earl Blumenauer	Rep. Mark S. Critz	Rep. Stephen Lynch
Sen. Roger Wicker	Rep. Eleanor Holmes Norton	Rep. Mary Bono Mack	Rep. Steve King
Sen. Tom Carper	Rep. Gene Green	Rep. Michael C Burgess, MD	Rep. Steven C. La Tourette
Sen. Tom Coburn, M.D.	Rep. Gwen Moore	Rep. Michael Capuano	Rep. Steven Rothman
Rep. Adam Schiff	Rep. Howard Berman	Rep. Mike Fitzpatrick	Rep. Sue Myrick
Rep. Allyson Y. Schwartz	Rep. James Clyburn	Rep. Mike Honda	Rep. Tammy Baldwin
Rep. Anna G. Eshoo	Rep. James P. Moran	Rep. Nick J. Rahall, II	Rep. Tim Johnson
Rep. Austin Scott	Rep. Jay Inslee	Rep. Patrick Tiberi	Rep. Tom Latham
Rep. Barbara Lee	Rep. Jerry Costello	Rep. Pete Stark	Rep. Vicky Hartzler
Rep. Betty Sutton	Rep. Jim Himes	Rep. Phil Gingrey, M.D.	
Rep. Bill Pascrell Jr.	Rep. Jim McGovern	Rep. Renee Ellmers	
Rep. Blaine Luetkemeyer	Rep. John Garamendi	Rep. Richard Hanna	
Rep. Bob Filner	Rep. John Olver	Rep. Richard Neal	
Rep. C. A. Dutch Ruppersberger	Rep. John Shimkus	Rep. Rob Woodall	
Rep. Chaka Fattah	Rep. John Tierney	Rep. Rosco Bartlett	
	Rep. Kay Granger	Rep. Scott E. Rigell	



Credit Unions and Credit Union Miracle Day, Inc.



America's Credit Unions working together...

Each year, the Credit Union Cherry Blossom Ten Mile Run in Washington, D.C. brings together credit unions from across the country with a shared vision of fund raising and helping children. The proceeds from this event support the 170 Children's Hospitals that belong to the Children's Miracle Network, a non-profit international organization that helps to treat millions of children across the U.S. and Canada.

Not only will credit unions work together this year to support the Credit Union Cherry Blossom Ten Mile Run, but they will continue to work even harder to reach and support their own communities. Among the many special services credit unions provide is the outreach they have in their communities, and in today's economic environment a credit union's financial services may be your best choice for a financial partner!

Credit unions provide consumers like you choices for financial services such as checking accounts, investments and loans of all kinds including mortgages. Funds are federally insured, but unlike banks, there are no stockholders at credit unions. Earnings are returned to member-owners in the form of lower loan rates, higher savings rates, low or no-fee products and services. As a member-owner of your credit union, you have a voice! You are entitled to vote on credit union business, elect new board members, and can also serve on your credit union's volunteer board. The credit union philosophy of placing members' needs first is why more than 90 million Americans do their banking at a credit union. Once you're a member, you're always a member!

Credit Unions are for everyone – no matter where you live there is a credit union to meet your needs. If you are not yet a member, run to your local credit union to find out how you can finish strong.

To find a credit union near you visit www.creditunion.coop/culocator/quickfind.php

These Bag Check Bags must be used for Sunday bag check so save them if you plan on using the bag check. No exceptions!

Health and Fitness Expo Logistics

The National Building Museum is easily accessible by Metro. The Judiciary Square Metro stop is across the street from the main entrance to the National Building Museum and is served by the Red Line. Use of Metro is strongly encouraged.

There is limited on-street parking in the vicinity of the National Building Museum. Available parking will be influenced greatly by other activities taking place nearby. There is an event taking place at nearby Verizon Center at 7:00 P.M. on Saturday. Parking meters are enforced on Saturdays (at rates up to \$2.00 an hour), so bring lots of quarters if you plan to use on-street parking. Paid parking is available in nearby commercial parking lots. Rates are likely to be in the \$15-\$20 range. Think Metro.

Remember, entrants are encouraged to follow the pick-up schedule outlined above in order to ease crowding.

The Health & Fitness Expo will be open to the public during packet pick-up from 9:30 A.M. - 5:15 P.M. on Saturday only. In addition to the Credit Union Cherry Blossom Official Merchandise store featuring special Credit Union Cherry Blossom New Balance apparel along with hats, mugs, posters and other commemorative items, the Health & Fitness Expo will feature booths sponsored by running related companies and organizations, including apparel manufacturers and retailers; nutritional product suppliers; other major races; and running clubs.

Bib and ChronoTrack D-Tag pick-up will take place in rooms located on the second floor of the National Building Museum; T-shirt pick-up will take place in the Great Hall on the first floor. Volunteers will direct you to each location.

If you cannot get to the National Building Museum on Saturday, you may pick up your bib number and ChronoTrack D-Tag on Sunday, April 3 from 6:30 A.M. - 7:15 A.M. at the staging area on the Constitution Ave. side of the Washington Monument Grounds. (5K Run-Walk participants may pick-up near the 5K starting line on the Independence Ave. side of the Washington Monument Grounds.) Be prepared for long lines! We will not delay the main 7:40 A.M. start in order to accommodate individuals showing up late to pick



up their bib numbers. **No changes to registration information can be made on Sunday.**

You and the ChronoTrack D-Tag

Runners will be scored using disposable ChronoTrack "D-Tags." Full instructions regarding use of the ChronoTrack D-Tags are currently on the event website and will be provided at Saturday pick-up. In brief, the D-Tags must be worn on your running shoes or you will not be scored. Please participate in our recycling efforts and be eligible to win a free entry to the 2012 race by placing your D-Tag in the recycling bins at the end of the race!

Upgrade Shirts

Runners who pre-ordered the upgrade performance shirts can pick them up at the Health & Fitness Expo on Saturday or at the race site on Sunday. Upgrade orders are indicated in the email or on the mailing label of this confirmation. Remember upgrade shirts *replace* the standard participant shirt.

Clinics

Besides our traditional clinic with four-time winner Bill Rodgers, we are pleased to offer clinics featuring our Virtual Training Coach Kirt West, course certifier John Sissala, and other panelists. The clinics will take place in the Auditorium at the National Building Museum on Saturday.

Unregistered Runners

Race bib numbers and D-Tags are non-transferable, so please do not give your bib number or D-Tag to anyone else. If you are found to have given your bib number or D-Tag to another runner, you and that runner may be denied entry into future Credit Union Cherry Blossom Ten Mile Run events at the discretion of the Race Committee. Anybody found running without a bib number will be removed from the course. Runners without D-Tags will not be scored.

No-Shows

We have already factored in a certain percentage of no-shows. If you let someone else run with your bib number and D-Tag, you will destroy our finisher calculations which may cause us to be in violation of our National Park Service permit and be banned from using the course in the future. Therefore, if you are not going to run, do not give your bib number and D-tag to another runner. Don't ruin the race for others.

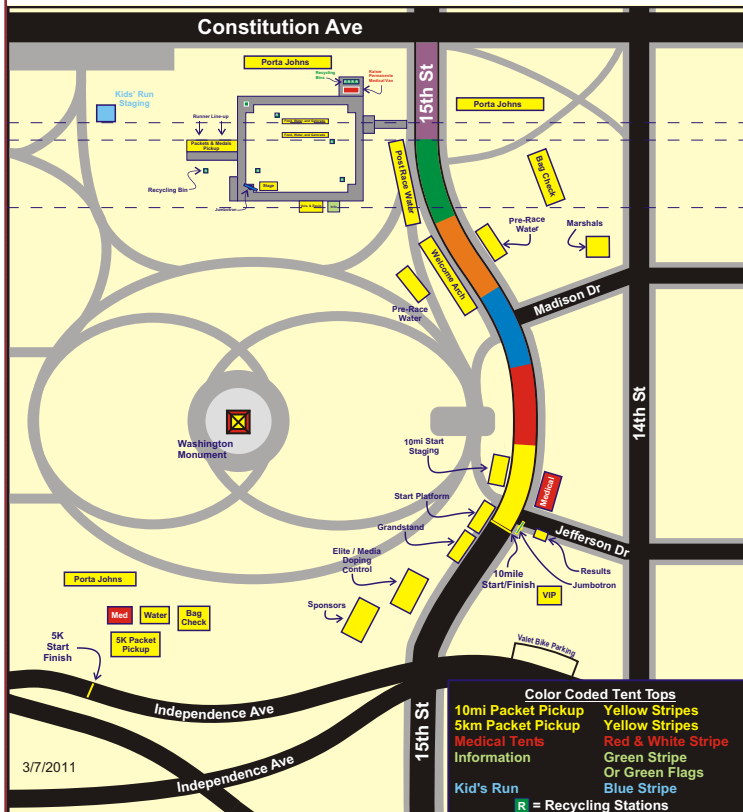
Race Day—Sunday, April 3

Getting to the Race Site on Metro

Getting to the race site by Metro is easy. We hope to have a large increase in the number of participants and spectators using Metro. The Smithsonian

Staging Area

Please note that the Credit Union Cherry Blossom Ten Mile starts and finishes on 15th St. at Jefferson Dr. The 5K Run-Walk Presented by Kaiser Permanente starts and finishes on Independence Ave. about 200 yards west of the intersection of 15th and Independence Ave.





Metro stop (Orange and Blue lines – Mall exit) is only ¼ mile from the start and finish line. Metro will open at 5:00 A.M. on race morning providing ample time for participants to take Metro from the outlying stops. If you wish to take a short warm-up to the race site you can exit the Red, Blue, Orange lines at Metro Center (.9 of a mile to the start), the Yellow and Green Line at Archives/Navy Memorial (.9 of a mile to the start) or the Blue, Orange, Yellow and Green lines at L'Enfant Plaza (.8 of a mile from the start).

Getting to the Race by Other Means

- **Driving:** The road closures for the race course mean that there will be no parking south of Constitution Ave., NW. There will be no parking on either Jefferson Dr. or Madison Dr. along the Mall between 7th St. and 14th St. If you are determined to drive, suggested parking areas include Constitution Avenue and surrounding side streets *north* of Constitution Ave. Cars parked anywhere on the grass will be towed. Street closings begin as early as 4:00 A.M. Do not plan to show up at the race site in a vehicle after 7:00 A.M. and expect to find parking anywhere in the vicinity of the race site.
- **By bicycle:** See page 2 for details about the valet bicycle parking services available this year.

Staging Area

The staging area for the 10-Mile run is on the Washington Monument Grounds nearest the intersection of 15th St. and Constitution Ave., NW. The staging area for the 5K Run-Walk is on the Washington Monument Grounds on the Independence Ave. side in the vicinity of the Sylvan Theater. (see staging area map on page 4 for details).

Bag Check (opens at 6:15 A.M.)

There will be a large tent for checking your belongings on the square bounded by Constitution Ave., 14th St., 15th St. and Madison Dr. adjacent to the Washington Monument Grounds for the 10-Mile and on Independence Ave. in the vicinity of the Sylvan Theater for the 5K. Runners must place their belongings in the clear drawstring Bag Check Bags obtained at packet pick-up. These bags will have a place to write your bib number with a marker directly on the bag itself. In addition, there will be a tear off portion on the *top* of your bib number to affix to your bag in a visible location for additional identification purposes. You must check your bag at the tent no later than 7:20 A.M. and all bags must be retrieved by 11:00 A.M. **Please note that we cannot accept backpacks and other large items.** All checked items must fit in the clear plastic bag. Your belongings are checked at your own risk. Please do not leave valuables.

Using the Porta-Johns

There will be 175 porta-johns in the staging area. Please do not urinate anywhere else. We are guests in a National Park. Several years ago runners

“relieved themselves” on the FDR Memorial which was an embarrassment to the race organizers and nearly caused our permit to be revoked. Please use the porta-johns only! Staff porta-johns are intended to expedite getting volunteers back to their jobs. Please do not attempt to use “Staff” toilets. We ask that spectators and volunteers try to use the porta-johns either before 7:05 A.M. or after 7:40 A.M. so we can keep the race participant lines down to a minimum as the starting time approaches.

Courses

10-Mile: Flat and fast. USATF Certified (DC10003JS). Digital clocks at every mile. Water available at the start. Water and Gatorade Endurance Formula available on the course at aid stations located at 2.5, 4.25, 6, 7.75 and 8.85 miles. DrinkMore Water, compliments of Navy Federal Credit Union, is also available at the finish. Medical services are available at all these locations as well.

5K Run-Walk: Flat and fast, out-and-back course. USATF Certified (DC08005JS). Splits at 1, 2 and 3 miles. Water available at 1.5 miles. Medical services at start, 1.5 miles and finish.

Runner Bib Number

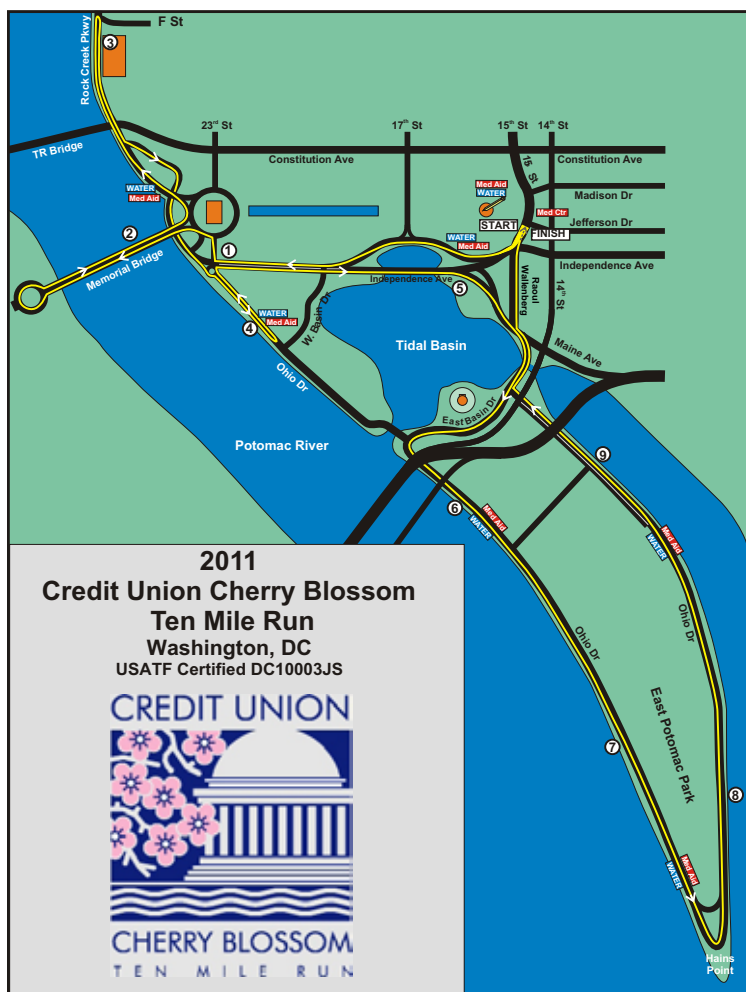
Pin your bib number on the front of your shirt or shorts. Your bib number must be visible at all times during the race or you may be subject to disqualification. Please complete the important emergency medical and contact information on the back of the bib and make note of the special discount coupon from Potomac River Running, our official retail partner.

Starting Times

There will be a special start for about 30 of our elite women 10-Milers at 7:30 A.M. The wheelchair race will start at 7:39 A.M. The first wave of the 10-Mile race will start at 7:40 A.M. The final wave will start about 7:55 A.M. The Kids' Run starts at 8:15 A.M. and the 5K Run-Walk Presented by Kaiser Permanente will begin at 8:40 A.M. **The 10-Mile starting line will close at 8:00 A.M. sharp. No one will be allowed to start the race after this time.**

Seeding Runners

Runners have been pre-assigned to starting corrals based on their projected finishing times. See section about the “Wave Start” on page 2.



Wearing the D-Tag

Be sure you have removed the D-Tag from your bib number and affixed it into the laces of your running shoes. Please dispose of the pull-off backing in a trash receptacle. (It is not yet made of recyclable material.) You must wear your D-Tag during the race or you will not be scored. *The D-Tags are single-use, but can be recycled after the race. There will be recycling bins for the D-Tags located on 15th St. just prior to the post-race food and water area. Recycle your D-Tag and be eligible to win a guaranteed entry to the 2012 race.*

Teams

No team check-in on race day. Teams are scored by net time. Unfortunately due to number switching, team results will not be announced on race day.

The Finish Line

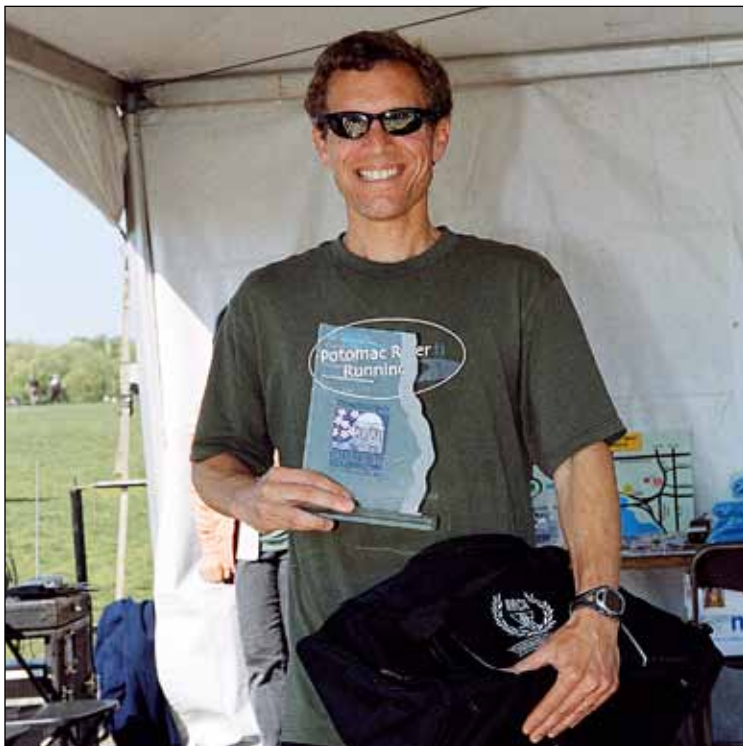
There will be a large digital clock at the finish line. *When you cross the finish line and the series of transponder mats that determine your net time, keep moving. This allows room for others to complete their runs.* Do not re-enter the course or cross the transponder mats at the finish a second time. All reunions must take place on the Washington Monument Grounds, not on 15th Street.

Timing and Time Limits – Strictly Enforced!

With the wave start all runners except those finishing among the top 25 men and women will be scored and placed based on *net times*. *All runners must complete the course in less than 2 hours and 20 minutes after the final wave starts.* Runners not maintaining a 14-minute-per-mile pace at 5 miles will have to leave the course. If you fall behind 14-minute-per-mile pace during the second half of the race you will be required to board our sweep vehicle. *Timing and scoring at the finish line will be discontinued 2 hours and 20 minutes after the final wave starts.* If you have any doubt about your ability to finish 10 miles in less than 2 hours and 20 minutes, you can complete a form on the event website to change to the 5K Run-Walk.

Safety Rules

- **No headphones allowed.** Running with a dog, baby stroller or racing stroller is prohibited. No skates allowed.
- Stay on the roadway at all times. You will be disqualified if you “cut” the course.
- Race officials reserve the right to remove any runner from the course for medical or any other valid reason.
- We discourage spectators from bringing pets. However, if a spectator accompanying you brings a dog to the race site, please be sure it is leashed at all times and kept well clear of the start/finish area and off the course. Spectators must stay off the course for their own safety and for the safety of our 15,000 runners.
- Be careful of potholes and the transponder mats on the course and at the



start and finish.

Cheating

Video security personnel and scorers will monitor the course at various points to ensure that all finishers run the designated course. Marshals will note persons entering or leaving the course and our judges will review the evidence to consider disqualifying those individuals.

Cheaters will be banned from future editions of the race at the discretion of the Chief Judge.

Treatment of Volunteers

The Race Committee will not tolerate inconsiderate behavior toward any of our 1,500 volunteers. Anyone treating a volunteer official in an abusive manner will be immediately disqualified from the race.

Drug Testing

Athletes who participate in this competition may be subject to drug testing in accordance with the IAAF Procedural Guidelines for Doping Control or the Olympic Movement Anti-Doping Code. The United States Anti-Doping Agency (USADA) will carry out drug testing, and the adjudication of positive findings. Athletes found to have committed a doping violation will be disciplined according to the USADA Protocol and suspended, if appropriate, according to applicable IAAF rules. Such penalties may result in a period of ineligibility as well as disqualification from the event. Any substance taken by an athlete is at his/her own risk and may result in a positive sample. (This includes cold medicines, nutritional supplements, and some over the counter medicines.) Information on banned drugs and drug testing may be obtained by calling the USADA Drug Reference Hotline at 1-800-233-0393 or at the USADA website, www.usantidoping.org.

5K Run-Walk Presented by Kaiser Permanente

Participants in this event will be timed using the ChronoTrack D-Tag system and will receive all the race amenities. Results will be published in the post-race results publication. The 5K Run-Walk Presented by Kaiser Permanente starts and finishes on Independence Ave. about 200 yards west of the intersection of 15th St. and Independence Ave. Staging for the 5K will take place on the Washington Monument Grounds adjacent to the 5K start-finish line. The event will start at 8:40 A.M. There is a 65-minute time limit for the 5K Run-Walk (about 20 minutes per mile pace). **No headphones**, dogs, baby strollers or racing strollers, or skates are allowed in the 5K.

Half Mile Kids' Run

The Credit Union Cherry Blossom Ten Mile Run is not just for grown-ups! We offer a non-competitive half mile run for kids ages 6 through 12 on the Washington Monument Grounds on Sunday, April 3, the same day as the 10-Mile. No pre-registration is required for this event and the event is free. Parents show up with their children, register them, sign a waiver and the kids are set to run.

Start Time: The event will start at 8:15 A.M.

Location: The event will start on the Constitution Ave. side of the Washington Monument Grounds about halfway between 15th and 17th Sts. Signs and announcements will direct children and their parents to the start. A revised course will keep the kids away from the crowded sidewalk surrounding the Washington Monument.

Registration: The Kids' Run is free but all children must be registered. Registration will be at the race site, beginning at 7:30 A.M. Parents or legal guardians of all participating children must sign a waiver prior to the start. Parents are allowed to run with their children.

Awards: No times or places will be kept, but all finishers will receive a medal.

Post Race

Refreshments

Gatorade Endurance Formula and DrinkMore Water, courtesy of Navy Federal Credit Union, will be available on 15th Street immediately after the finish line and on the infield. Muffins and bananas will be provided in the infield only. These items are for the runners only; please limit yourself to one muffin and one banana.

Medals

If you pre-ordered a finisher's medal, you will be able to pick it up at the New Balance distribution site located at the Race Day Packet pick-up stations on the Washington Monument Grounds after the race. We can not mail medals to individuals not claiming them on race day.

Awards and Awards Ceremony

The awards ceremony will begin at approximately 10:15 A.M. on the Washington Monument Grounds with random prizes. At approximately 10:30 A.M. the following awards will be given out. *10-Mile*: Top 25 open male and female runners (including prize money to the top 10 overall finishers and the top 3 U.S. finishers who finish in the top 15); the male and female push-rim wheelchair athletes; and the top local male and female. *5K Run-Walk Presented by Kaiser Permanente*: Top male and female. (These are the only awards in the 5K Run-Walk.) Due to the prevalence of number switching, age group and team awards in the 10 Mile Run will not be awarded on race day. These awards will be mailed within two weeks after results are finalized on April 30 and will include the following men's and women's age groups: 19-and-under (3), 20-24 (5), 25-29 (5), 30-34 (5), 35-39 (5), 40-44 (5), 45-49 (5), 50-54 (5), 55-59 (5), 60-64 (5), 65-69 (5), 70-74 (5), 75-79 (3), 80⁺ (1). Our policy is to allow duplicate awards.

PRRO Race of Champions

The first place local man and woman will win trips to the 2011 PRRO Race

of Champions at the AJC Peachtree Road Race 10K in Atlanta, GA on July 4, 2011. Local is defined as a person domiciled for at least the past two months in Washington, D.C.; Montgomery, Prince George's or Howard counties in Maryland; Arlington, Fairfax, Prince William or Loudoun counties in Virginia; and Alexandria or Fairfax cities in Virginia.

Metropolitan Cup

Runners from the Washington metropolitan area will automatically be placed on county or city teams and will compete for the Metropolitan Cup. The cup will be awarded to the fastest city or county in the area. A runner may score on a Metropolitan Cup team and on a corporate or running club team.

Results

Race day results will be available on the race website, www.cherryblossom.org, not later than 8:00 P.M. Sunday evening. If you feel there is an error in the results, please send an email to results@cherryblossom.org and let us know what you think the problem is. We will look into the matter and adjust the results if we find it is necessary. Any requests to review the results must be received by

Medical Guidelines and Tips

In order to make the Credit Union Cherry Blossom Ten Mile Run and the 5K Run-Walk Presented by Kaiser Permanente safe and enjoyable, the following medical guidelines are provided:

Preparation and Safety

Runners participating in this race should have prepared adequately. During the month before the race, your training should include a minimum of two runs that are at least two-thirds the length of this race. Untrained entrants should not attempt the course. Over 15,000 runners will be on the course, so run defensively, watch for others, and yield if necessary. Watch for pot-holes on the course. Pace yourself and don't burn out by starting too fast. Complete the medical information on the back of your race bib. Leave your headphones and Ipods at home.

Temperature and Humidity

Temperature and humidity can affect the performance and safety of runners. Warm temperatures and high humidity increase the incidence of heat related injuries. The race medical team will monitor weather conditions and by 7:15 A.M. will announce and post colored flags based on American College of Sports Medicine guidelines indicating the weather conditions at the start-finish line platform. These flags are based upon the Wet Bulb Globe Temperature (WBGT) readings which combine temperature and humidity. Precautions for each color flag are listed below.

Black Flag: Extreme risk. WBGT in excess of 82-degrees F. Event may be cancelled, shortened, or turned into a non-competitive fun run (no times recorded). Prize money will not be awarded.

Red Flag: High risk. WBGT between 73 – 82 degrees F. Runners who are sensitive to heat or humidity should consider not participating. All competitors should reduce their pace by 45-50 seconds per mile or more.

Yellow: Moderate risk. WBGT between 63 – 72 degrees F. Runners should use caution as both conditions are likely to rise during the race. They should be able to recognize significant changes in physical condition that may indicate heat-related problems.

Green: Low risk. WBGT below 63 degrees F.

White: Risk of hypothermia. WBGT less than 50 degrees F. Wear multiple light layers to preserve body heat.

Air Quality

In the presence of excess pollution or pollen, vigorous physical activity may be hazardous to individuals, particularly those with heart or respiratory problems. If you have any health or pulmonary concerns which may be affected by air quality, call the weather service for up-to-the-minute details on conditions at 202-936-1212 or go to weather.noaa.gov.

Prevention of Physical Problems

Don't run to exhaustion during the week before the race. Runners may benefit from 'carbo-loading' by eating larger amounts of carbohydrate (about 8-10g carbohydrates per kg of body weight per day = 630g carbohydrates for a person weighing 70 kg [154 lbs] at 9g carbohydrates/kg/day) for 2-3 days prior to competition.

For a comprehensive and practical guide to nutrition and pre-race training, please refer to a publication by the Medical Commission of the International Olympic Committee: http://www.olympic.org/Documents/Reports/EN/en_report_833.pdf.

Warm up before the race with light running followed by stretching your

calf, hamstring, quadriceps, groin, and trunk muscles. If your muscles tighten or cramp during the run, stop and stretch. If that does not relieve cramps, stop at a medical station located at every water stop (see map).

Blisters can be prevented by wearing well-fitting, broken-in shoes, and soft lightweight socks. Remove pebbles immediately. Toenails should be trimmed. If you feel a hot spot developing, stop at a medical station for care.

Chafing occurs where clothing rubs against the skin. Prevent chafing by wearing loose-fitting clothes and applying petroleum jelly or protective bandaging to areas such as nipples, armpits, neckline, groin, and feet. Medical stations will be able to provide this as well as blister care.

Fluid Replenishment

Know your own individual fluid replacement needs. You should ascertain how much fluid your body needs during your preparation for the race. Don't become dehydrated. Drink adequately for a few days prior to the run. Drink up to 16 ounces of fluid (preferably a sports drink containing sodium and electrolytes) 2 hours before the race. During the run, drink at a rate close to your sweat rate to account for fluid losses but not so much to gain weight. Water will be available at the race site before the start, at 5 aid stations on the 10 mile course (at 2.5 miles, 4.25 miles, 6 miles, 7.75 miles and 8.85 miles) and at one on-course station (at 1.5 miles) in the 5K, and at the finish. In addition, DrinkMore water and Gatorade Endurance Formula will be available at the finish of both races.

Recognition of Physical Problems

While every runner will experience varying degrees of discomfort, significant changes in physical status should be recognized. If in doubt, stop to ask for advice. *Symptoms of heat injury:* piloerection (hair on end or gooseflesh) on the chest or upper arms; chilling; headache or throbbing pressure; unsteadiness; vomiting or nausea; labored breathing; faintness; muscle cramps; excessive fatigue, excessive or lack of sweating; confusion/irritability; or lightheadedness. Do not continue running with these symptoms, or you may collapse or become unconscious. *Symptoms of overexertion:* nausea; vomiting; extreme breathlessness; dizziness; unusual fatigue; headache.

Location of Medical Facilities

Medical personnel are located at every aid station (2.5 miles, 4.25 miles, 6 miles, 7.75 miles and 8.85 miles in the 10 mile, and at 1.5 miles in the 5K Run-Walk) in addition to the Main Medical tent at the start-finish line and the Kaiser Permanente van in the post-race area on the Washington Monument Grounds. Ambulances and roving bike teams are located on the course. Medical personnel are running in the race and will be wearing medical bibs or caps (white with red cross) and black fanny packs. They will respond to medical emergencies.

Injured Runners

Injured runners will be transported either to the medical tent at the finish line or to George Washington University Medical Center (Emergency Room Number: 202-715-4911) unless it is full. In that event, emergency responders will determine the closest available hospital. All runners are asked to help by reporting injuries or downed runners to medical personnel, sentries or aid station personnel along the course. To report a runner needing medical attention call Race Command Central 202-577-1108.

Notice: Any race official has the authority to remove any runner whom he feels is at medical risk.



Credit Union Cherry Blossom
P.O. Box 5366, Rockville, MD 20848-5366

Important Entry Instructions Do Not Discard

April 30. Results will be considered final after this date.

A link to the downloadable electronic publication containing complete race results, race stories, photos, and stats from this year's race will be emailed to all finishers by the end of May. It will contain every finisher's name, hometown, and time.

Special Bonus Coupon

Please note on the back of your bib number the special offer from Potomac River Running. The offer may be redeemed at any of the eight Potomac River Running locations in the Metropolitan area. Also complete the medical information form on the back of your bib number.

T-Shirt Mailing

If you are registered but do not pick up your T-shirt or upgrade shirt, you may have it mailed to you after race day for \$6. Sizes will be limited to whatever stock is left after race day. There are no refunds for unclaimed shirts. To request this mailing service, send a letter, enclosing a copy of your confirming email or a copy of this form including the page with your address with the mailing label intact, and a check for \$6 (payable to Cherry Blossom, Inc.) to: Credit Union Cherry Blossom T-Shirt, P.O. Box 5366 Rockville, MD 20848. Requests must be postmarked by May 1.

This year the Credit Union Cherry Blossom 10 Mile Run and the 5K Run-Walk Presented by Kaiser Permanente are working to reduce, reuse and recycle as part of our Getting Greener initiative. If it's recyclable, hang onto it until you find a recycling station on the Washington Monument Grounds.

National Cherry Blossom Festival



The Credit Union Cherry Blossom Ten Mile Run is part of Washington, DC's National Cherry Blossom Festival®, an annual two-week, city-wide event featuring cultural performances, art exhibits, fireworks, tours, arts and crafts demonstrations, sports competitions and special events celebrating spring. The 2011 festival will be held March 26 - April 10. The 2011 National Cherry Blossom Festival® celebrates the 99th Anniversary of the gift of the cherry trees and the enduring friendship between the citizens of the United States and Japan. Visit www.nationalcherryblossomfestival.org.

Thank You's and Concerns

Send your thank you's and concerns to Credit Union Cherry Blossom Ten Mile Run, 4940 Hampden Lane, Suite 212, Bethesda, MD 20814 or by email to racedirector@cherryblossom.org. Another way to thank our sponsors is to use their products and services. As you leave, thank a volunteer and a uniformed U.S. Park Police officer, and dispose of your trash in an appropriate container.

• Sanctioned by •



2011 Race Committee

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Anna Berdahl, Vice President
Phil Stewart, Race Director
Becky Lambros, Deputy Race Director
Irv Newman, Treasurer
Jean Arthur, Water Stop Coordinator
Kelly Ashworth, Drug Testing
Pam Balcke, Webmaster
George Banker, Teams/Historian
Nancy Betress, Awards
Mike Bowen, Lead Vehicle
Steve Broyles, Video Security
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Greg Dalrymple, Police Liaison
Jeff Darman, Consultant
Bob DiIorio, Publications
Nick Discenza, Elite Athlete Transportation
Kenny Donovan, Communications
Steve Esmacher, 5K Run-Walk
Tom Filippone, Large Vehicle Procurement
Ken Fine, MD, Co-Medical Director
Kathy Freedman, Race Administrator
Rick Freedman, ChronoTrack Scoring
Lea Gallardo, Expo
Susan Green, Ombudsperson
Diane Hill, Special Needs Participants
Kari Keaton, Announcer
Creigh Kelley, Announcer
Les Kinion, T-shirts
Patti Lieblich, Signage

Bruce Lung, Sentries
Jimmy Marino, Sentries
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T.G. Marsden, Sweep Vehicle
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