



WASHINGTON DC 5K & 10K AT ANACOSTIA PARK

SUNDAY 13TH SEPTEMBER 2026

EVENT GUIDE



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WELCOME

The RunThrough Team is excited to have you join us for your upcoming race!
Our mission is straightforward:

TO INSPIRE ACTIVE NATIONS THROUGH RUNNING.

By hosting inclusive and welcoming events for everyone, fuelled by our shared passion for running and community, we strive to create events that leave lasting memories for every participant.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. With countless race experiences, we are experts at event organising while understanding the journey of all runners.

Rest assured, whether you're chasing a PB or completing your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, safety is our top priority. Our team will be on the ground doing everything to ensure you have the best experience at this RunThrough event.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The RunThrough Team



TRAVEL

Address: 1500 Anacostia Dr, Washington, DC US 20020

Please arrive early and car share where possible. As with many sporting events, please anticipate parking spots filling up quickly.

Travel By Car: There is ample parking at the Anacostia Park Rolling Rink (see maps below). We advise car sharing where possible.

There are several bike racks around the park that you're more than welcome to utilise.

**Travel By foot/
Bike:** From Potomac Avenue, walk southeast along Pennsylvania Avenue SE, cross the Frederick Douglass Memorial Bridge.
If you cross from the north side of the bridge, immediately after crossing, turn left to follow the trail to Anacostia Drive.
If you cross from the south side, follow the path to the right to Anacostia Drive. Then walk along Anacostia Drive to your destination.

Travel By public transport: U2, V7, and V9 buses service the corner of Pennsylvania Ave SE & Fairlawn Drive. From there you walk west on Fairlawn, turn right on Nicholson Drive, then right onto Anacostia Drive to reach 1500.
Use the Blue / Orange / Silver lines to get to Potomac Avenue station.
[National Park Service+1](#)

Due to Road Closures in place, please arrive before 7:30am to ensure you can get to the venue.



[CLICK HERE FOR MAP TO THE EVENT VILLAGE](#)

RACE PACK

START TIMES

8:00am

RACE PACK COLLECTION TIMES

6:30-7:30am

- On arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt or shorts (we recommend safety pins or magnets).
- Please ensure your bib is on display at all times.
- Your timing chip will be attached to the back of your race bib, please do not tamper with or try to remove this.



Bib number

**Tear off
Baggage Label**

Timing Chip (on back of bib)



Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib.

This will help us in case of an emergency!

[CLICK FOR FORM](#)



EVENT VILLAGE

FACILITIES

Toilets



Refreshments



Parking nearby



**Spectators
Welcome**



TOILETS

There are public restrooms on site for use, as well we will have portable units on site.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.

RACE DAY ETIQUETTE

At RunThrough we are massive advocates that running truly is for anyone. Whatever your ability, gender, age or ethnicity, we're here to support you.

Whilst at a RunThrough event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- **Be considerate and respectful to other runners, race staff & members of the public.**
- **Refrain from demeaning, discriminatory or harassing behaviour and speech.**
- **Be mindful of your surroundings and your fellow participants.**
- **Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.**

If you see or experience anything that challenges these or makes you feel uncomfortable, please don't hesitate to visit our Information tent or speak to a member of our team. (We can be found in Blue High-vis jackets!) Or if you prefer you can email us at info@runthrough.com.

We're always available to deal with any issues, offer support or simply just have a chat! We're on hand to ensure everyone has the best race day experience possible and feels supported throughout the day.

START TIMES

**Both races will start
at 8:00am**

WARM UP & RACE START

There will be a warm up roughly 20 minutes before the race starts in the event village.

DURING THE RACE

There will be marshals all around the course as well as distance signs and arrows.

10k Runners - will wear blue bibs

5k Runners - will wear red bibs

Both routes start at the skate park, and head out along Anacostia Drive. 5k is out and back circuit and the 10k will complete 2 laps.

Due to the nature of an out and back course we ask that you remain to the right of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your left and ensure not only your safety but allow for the best experience throughout the race.

We promise our city and state agencies in pre-planning that we will help give the Park and paths back as clean, if not cleaner, than it was when we arrived. Please help us achieve this goal!

Please drain and discard all litter and cups within the bins provided. There will be designated areas that you will pass shortly after the water station where you can throw your bottles.

Please note there is 1.5 hours due to road closures, if you take longer than this, you will be asked to complete the race on the river trail.

FLUID STATIONS

5k runners - 1 x fluid station

10k runners - 2 x fluid stations

Please help yourself to the cups provided as you pass these stations.

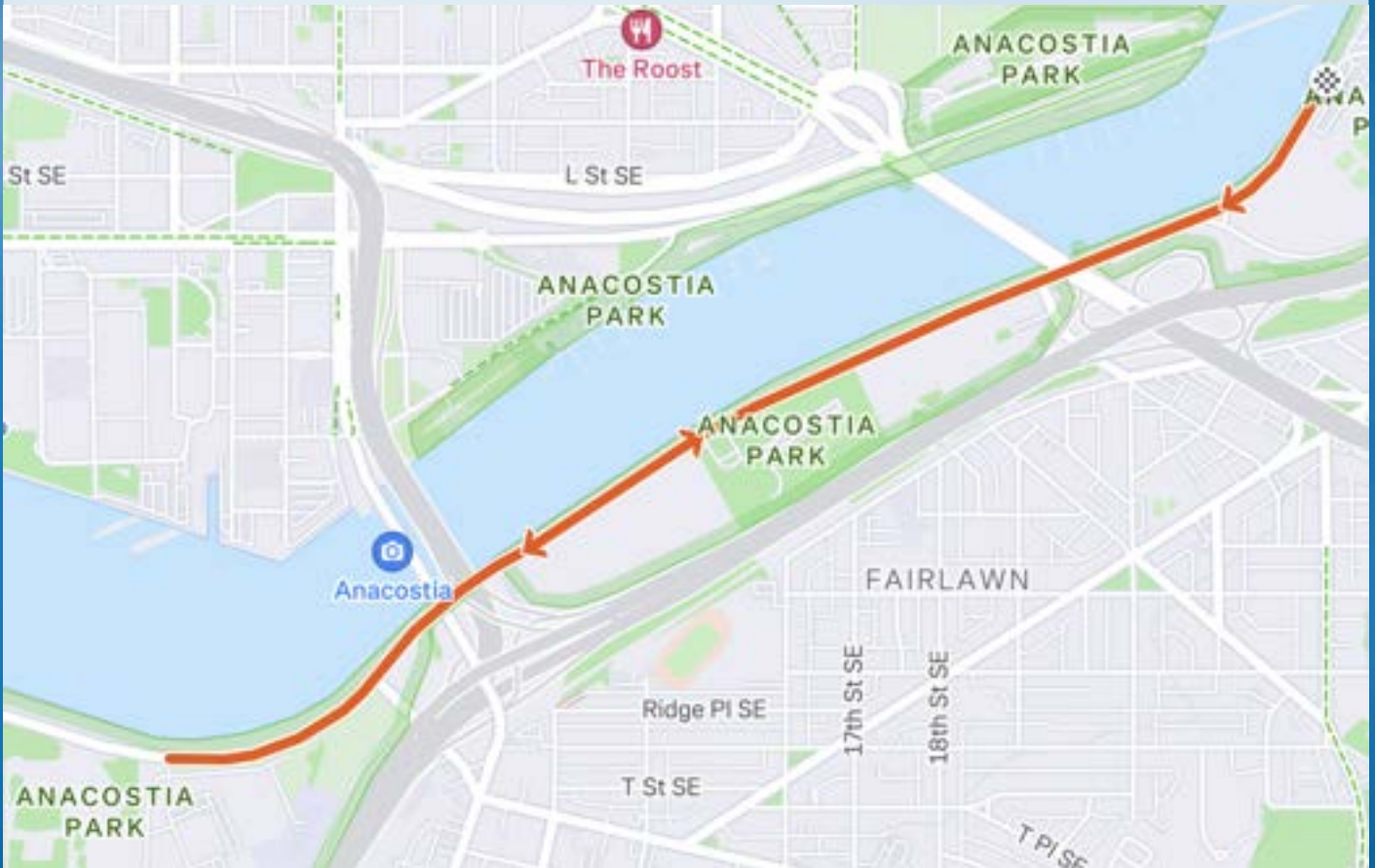
There will also be water waiting for you at the finish line of all of the races.
We recommend bringing your own water to stay hydrated in the lead-up to the event.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAP

1 lap of the course



[CLICK FOR INTERACTIVE MAP](#)

5k- 1 lap
10k- 2 laps



THE FINISH LINE

Please continue walking through the finish funnel to collect your medal and all your post-race goodies!

These will consist of a bottle of water and snacks from our sponsors.



THE MEDAL



EVENT MERCH

If you have purchased an event t-shirt with your race entry you can collect this either before or after the race within the event village.

Please remember to collect your shirt on race day as we are not able to arrange post event delivery.

There will be a limited number of t-shirts for sale on event day but they will be offered on a first come first served basis.



RESULTS & PHOTOS

PHOTOS

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

Click the camera to visit the page!



SOCIAL MEDIA



runthroughusa



Click the icons to visit our pages!

Shoutout your friends, celebrate your achievements and share your story with us! We love to hear from you!



Click to see our FAQ's or chat to our AI assistant for instant answers, or request to speak with a member of our team if you need further support.

RESULTS AVAILABLE AT
WWW.RUNTHROUGHUSA.COM

RUNTHROUGH RANKINGS

Find your times, follow your progress and watch the small wins add up across the RunThrough community at www.RunThroughRankings.com

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.





GET INVOLVED!



**Here at RunThrough we are always looking for
likeminded people to join our community.**

WWW.RUNTHROUGHUSA.COM