

# Caribbean Sounds 5K/8K/10K

Supporting Sarcoidosis Research

Supporting Kay Nou's funds to Fondwou University in Haiti

*fitness*   
**HEIGHTS**  
INTERNATIONAL



*Caribbean Sounds*  
**10K** RACE  
5K WALK  
SATURDAY  
**07.10.10**  
7:30AM  
Enjoy Island Music, Themed mile markers, shaded route,  
cash prizes and support **Sarcoidosis Research**  
**ROCK CREEK PARK**  
WASHINGTON DC  
Sign up at [caribbeansoundrace.com](http://caribbeansoundrace.com)  
Discount registration until April 15, 2010, \$35.00.  
Teams sign up and receive 1 free entry for every  
5 people on your team.



*Caribbean Sounds*  
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5K WALK  
SUNDAY  
**07.11.10**  
7:30AM  
**ROCK CREEK PARK**  
WASHINGTON DC  
[caribbeansoundrace.com](http://caribbeansoundrace.com)

FITNESS HEIGHTS INTL

PO Box 90838, Washington, DC 20090 • Phone: 202.262.8267 • Fax: 1.202.318.1071  
[racedirector@caribbeansoundrace.com](mailto:racedirector@caribbeansoundrace.com) • [www.caribbeansoundrace.com](http://www.caribbeansoundrace.com)



## Caribbean Sounds Race Participants

### Purpose Passion Participation

#### Caribbean Sounds Race Participants:

Less than 2 weeks to the Caribbean Sounds Race in Rock Creek Park! We hope you've enjoyed training this spring. Now it's time to see what you're made of, yes? We look forward to treating you to a fun, challenging race, flavored with island music and culture, so bring your energy and good vibes with you. We have enclosed information on the following:

#### Caribbean Sounds Race Day Instructions

Packet Pick up Locations: Thurs 7/8 and Fri 7/9

Driving Directions and Parking

Running Clinics

Pre Race Day Pasta Dinner Ticket Sales

Post Race Caribbean Theme Party Ticket Sales

#### Here are some details to help you on the day of the race:

Please note: The Saturday, 10K/5K RACE IS COMPLETELY FULL. However, there are still openings for the 8K and 5K on Sunday, the 11th.

**PACKET PICKUP** - Packet pickup will be held on July 8 and July 9 in two locations:

#### Pickup Date: Thursday 7.8.10

2:00 to 7:00 PM

Results Gym 202-234-5678 ext. 4

445 K St. NW

Washington, DC

**\*Running Clinics** from 4:00 to 5:00 PM and 5:00 to 6:00 PM.

Meet the Caribbean Sounds Race training coach and take in race day performance advice and tips from veteran marathoner and Road **Runners Club of America representative Jackie Britton (25 marathons!)**. From 4 to 5pm learn how to improve your run and minimize injuries with this powerful lecture on runner-specific strength training moves from The Results Gym Director of Training, Ed Ingebretsen.

RSVP for a tour of the state-of-the-art Results Gym. Tours every half hour from 2 to 6pm. Email to [racedirector@caribbeansoundsrace.com](mailto:racedirector@caribbeansoundsrace.com).



## Caribbean Sounds Race

### 2 Day & 3 Events

- Race participants will include participants from various states including MD, DC, VA, DE, TX, NY, NJ, NC, GA, MI, WI, and CA. In addition spectators, family, friends and volunteers will experience the race day event and Caribbean day party.



### Day Party, Saturday, 7/10/10!

**1:30 to 5 pm**

- ✓ Estimated 100 to 150 people
- ✓ Caribbean Food, Buffet
- ✓ Live entertainment band to play a variety of Caribbean music including Soca, Reggae, Zouk, Calypso, and Parang
- ✓ Projector of Race Day Photos while dining and dancing
- ✓ Fundraising for Fondwu University in Haiti

**Sunday, 5K/8K**

**7:30 to 10:30 am**

- ✓ Same agenda as Saturday race day

#### **Sat and/or Sun Race Day Vendors**

- ✓ Promotional vendors: Vita Coco, State Farm, Caressence Therapeutic Massage, Laps4 Haiti, Lucy Activewear, M3 Massage, Sankofa Odyssey, KJTotal Fitness, Results Gym, YMCA National Capital, Georgetown Running Company, Taste of Jamaica, JoJo's, Success Ricem Crown Bakery, Sports Club LA.
- ✓ Raffle vendor giveaways

Fundraising efforts for Sarcoidosis research!

*"Music Sounds! Island Theme!"*



**2<sup>nd</sup> Packet Pickup Date: Friday 7.9.10**

1:00 to 7:00 pm

YMCA National Capital 202-862-9622

1711 Rhode Island Ave NW

Washington, DC

**Pasta Dinner Tickets for \$15.00 : Limited tickets available!**

**Select your seating: Purchase ticket online at <http://www.caribbeansoundsrace.com>**

**Location: YMCA National Capital, 1711 Rhode Island Ave NW**

**Limited slots are still available, use the link below to make your purchase today!**

**2:30 to 4pm Pasta Dinner Race Clinic Keynote Speaker: George Banker**

77 marathons Repeater will tell you how to take on the challenge of any distance race.

Get helpful race day tips! Learn the secret of high performers.

**5:30 to 7pm Pasta Dinner Race Clinic: Keynote Speaker: Jackie Britton**

**25 plus Marathon repeater, Road Runners Club of America Southern California**

**Representative, take in race day performance advice and tips**

**Join us for a Running Clinic: Discuss Race Day Route, Logistics and get in-store discounts. Onsite registration for DC Caribbean Sounds Race Day Sunday 7.11.10**

Wednesday June 30, 2010

6:30 to 8:00 PM

Road Runner's Sports

Falls Church, VA

RSVP: [racedirector@caribbeansoundsrace.com](mailto:racedirector@caribbeansoundsrace.com)

SATURDAY  
07.10.10  
7:30AM

YOU WILL NEED YOUR PHOTO ID TO PICK UP YOUR PACKET. If you are picking up for someone else, you MUST have a photocopy of their ID, and a brief letter saying you are authorized to pick it up for them. You will NOT be able to pick up a packet for someone who can't run and use their number. There are no transfers at this time.

**RACE DAY:** Packet pickups are strongly discouraged on the day of the race. However, you will still have an opportunity to retrieve your race materials starting at 6:30 AM. Plan to arrive early. The race will start promptly at 7:30 am.

**RACE DAY SOUVENIRS!**

It's not too late to purchase your CSR Sports Performance Shirt. [Click here to purchase!](#)

**POST-RACE PARTY**

1:30 to 5:00 pm Come enjoy the hottest island tunes and feast on Caribbean-inspired food at JoJo's Restaurant and Bar located on D.C.'s historic U Street.

Tickets still available! **Discount tickets for only \$20.00 for Caribbean Sound Race Participants, visit <http://www.caribbeansoundrace.com> to make your purchase.**  
\*Note if you purchased the Dine and Run package you will receive tickets with your packet pickup.

### **Parking and Directions on Race Day:**

#### **DIRECTIONS/PARKING:**

##### **From Maryland North (Baltimore)**

- 1) Take I-95 S toward Washington DC
- 2) At the split pass the Beltsville exit stay in the right two lanes and follow signs for the Capital Beltway/I-495 N toward Silver Spring  
Continue to follow Capital Beltway/I-495 N
- 3) Take exit 31 for MD-97/Georgia Ave toward Silver Spring/Wheaton
- 4) Keep left at the fork, follow signs for MD-97 S
- 5) Turn left at Georgia Ave/MD-97
- 6) Slight right at 16th St  
Entering District of Columbia
- 7) Make right at Morrow Dr NW (Your right: Carter Baron Event Board & Kennedy Drive)
- 8) Make left at Stage Rd NW (First left: You will see Start Line Left of Pkng lot)  
Rock Creek Park Tennis Center  
4850 Colorado Ave. NW  
Washington, DC 20011  
Meet across from Tennis Center at picnic area #24

##### **From Maryland South (Fort Washington)**

- 1) Merge onto I-295 N  
Entering District of Columbia
- 2) Take the exit onto I-395 N
- 3) Turn right at New York Ave NW
- 4) Slight right at M St NW
- 5) Turn left at 1st St NW
- 6) Turn right at Q St NW
- 7) Sharp left at Florida Ave NW
- 8) Turn right at Georgia Ave NW/US-29
- 9) Turn left at Gallatin St NW
- 10) Turn right at 16th St NW
- 11) Turn left at Morrow Dr NW (Your left: Carter Baron Event Board & Kennedy Drive)
- 12) Make left at Stage Rd. NW (First left: You will see Start Line Left of Pkng lot)  
Rock Creek Park Tennis Center  
4850 Colorado Ave. NW

Washington, DC 20011  
Meet across from Tennis Center at picnic area #24

**From Virginia (Tysons Corner or I-66)**

- 1) Merge onto Capital Beltway/I-495 N to Rockville/Baltimore
- 2) Take exit 31B for MD-97 S/Georgia Ave toward Silver Spring
- 3) Merge onto Georgia Ave/MD-97
- 4) Slight right at 16th St  
Entering District of Columbia
- 5) Make right at Morrow Dr NW (Your right: Carter Baron Event Board & Kennedy Drive)
- 6) Make left at Stage Rd NW (First left: You will see Start Line Left of Pkng lot)  
Rock Creek Park Tennis Center  
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Washington, DC 20011  
Meet across from Tennis Center at picnic area #24

**From Virginia (Woodbridge)**

- 1) Merge onto I-95N toward Washington DC
- 2) Merge onto I-495N/I-95N toward Baltimore and cross the Woodrow Wilson Bridge
- 3) Merge onto I-295 N  
Entering District of Columbia
- 4) Take the exit onto I-395 N
- 5) Turn right at New York Ave NW
- 6) Slight right at M St NW
- 7) Turn left at 1st St NW
- 8) Turn right at Q St NW
- 9) Sharp left at Florida Ave NW
- 10) Turn right at Georgia Ave NW/US-29
- 11) Turn left at Gallatin St NW
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**SPONSORS:**

The 3<sup>rd</sup> Annual Caribbean Sounds Race is proud to have the following sponsors this year:

Results Gym

Lucy  
Vita Coco  
Success Rice  
Kay Nou, Inc.  
YMCA National Capital  
M3 Massage  
KJ Total Fitness  
Georgetown Running Company  
Care Essence Therapeutic Massage  
JoJo Restaurant and Bar  
Sankofa Odyssey  
Taste of Jamaica  
Crown Bakery

# Caribbean Sounds

**Thank you for making this event a success!**

**Caribbean Sounds Race Team**

**Contact Phone: 202-262-8267**

**EM: [racedirector@caribbeansoundrace.com](mailto:racedirector@caribbeansoundrace.com)**

**Website: <http://www.caribbeansoundrace.com>**

5K WALK

SATURDAY  
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