

Potomac Runners

WEEKEND RUNS

WHEN & WHERE: PR meets every Saturday morning for longer distance runs on the Mount Vernon Trail in Alexandria, Virginia, beginning at 7:15 AM. Please plan to arrive at least 15 minutes before the start of the run to find parking and to allow for ample time to prepare. The Saturday morning meeting place is the last parking lot (closest to Old Town) at the Belle Haven Marina Park, about one mile south of Old Town, Alexandria, off the GW Parkway.

WEATHER or NOT: PR trains year-round on the Mount Vernon Trail in the rain, light snow, small hail, bearable heat, and sometimes under clear skies with light breezes. PR does not run on the trail during thunder storms, or if there is snow or ice on the trail.

HOW: Take the GW Parkway through Old Town, Alexandria, via North Washington Street. Once you cross over I-95, continue on the GW Parkway for less than a mile. Turn left into Belle Haven Marina and then make a second left onto the access road going back towards Old Town. Drive to the last parking lot and meet us at the picnic tables. There is no Metro access to Belle Haven Marina.

TRAIL SAFETY: Please run in small groups on the right side of the trail, and always anticipate oncoming or passing cyclists, roller-bladers, and other runners.

