The Rock ‘n’ Roll USA Marathon is the only marathon run entirely within the US Capital, Washington DC. For the last two years it has been part of the Competitor Group’s international Rock ‘n’ Roll Marathon Series.

The largest field ever came to the US Capital, from all 50 US states and 32 other countries. Among them were 26 children from the Mark Twain Middle School, in nearby Alexandria, Virginia who participated in the first and final mile of the race in tribute to the 20 infant schoolchildren and six teachers who died in the Sandy Hook shooting in Connecticut three months previously. They were inspired by their teacher, Eric Henderson, who ran the half marathon.

This year’s race featured a new start within the shadow of the Washington Monument on Constitution Avenue, close to the White House. Both Marathon and half Marathon follow the same clockwise loop through the northern part of town until 20km, when the Half Marathon continues to the finish line just outside Robert Fitzgerald Kennedy (RFK) Stadium. Marathon runners take another loop, this time counterclockwise to the south of Washington’s famous monumental axis, the National Mall, after passing by the Capitol building at 23km. They end up back at RFK stadium, about 5km east of where they started.

As a warm-up to the Saturday race, 1000 junior runners participated in the ING Kids ROCK DC event on Thursday evening, a non-competitive, non-timed, one-mile fun run for children.

The Rock and Roll events encourage live bands along the course, with cheerleader groups, and there were 25 themed water stations along the scenic course. A headliner concert at RFK Stadium took off after the finish on Saturday afternoon with entertainment from Cowboy Mouth and School of Rock.

Continued on page 31
THE RACE: The 13th DN Stockholm Half Marathon will take place on Saturday 14 September 2013. Start at 16.00.

THE COURSE: The DN Stockholm Half Marathon is run on an inspiring and fast course through central Stockholm. The difference between the highest and the lowest point of the course is 27 metres. Start and finish outside the Royal Palace.

THE RUNNERS: In 2012, entries from a record number of 16,689 runners from 71 countries were accepted. The maximum running time is 2 hours and 45 minutes. 16,500 entries will be accepted in 2013.

WEATHER CONDITIONS: Average temperature in mid September is 15 degrees C.

THE CITY: Welcome to Stockholm, one of the world’s most beautiful capitals. Built on 14 islands around one of Europe’s largest and best preserved medieval city centres, the Swedish capital is superbly positioned, with stunning and extremely varied scenery in every direction.

RACE OFFICE: Phone: +46 – 854 566 440. E-mail: info@StockholmHalfMarathon.se

TOURIST INFORMATION: Stockholm Visitors Board.

OFFICIAL HOTEL: Quality Hotel Globe. Web site: www.globehotel.se

Organisers: Athletic clubs Hässelby SK, Spårvägens FK and Turebergs FK.

STOCKHOLM ULTRA SUNDAY 4 AUGUST

The first ever Stockholm Ultra Marathon will take place on Sunday, 4 August 2013. This will be the largest promotion ever of ultra running in Scandinavia. The event has two distances; 50 km and 100 km.

Stockholm Ultra is run on a beautiful course in the Royal National City Park in Central Stockholm.

www.StockholmUltra.se
On a crisp, cloudy day, a sold-out field of 30,000 runners took to the streets in the second event under the Rock and Roll banner, although six editions of the race had been held before then known as the “National Marathon”.

Peter Lawrence, a 41-year-old from Houston, won in dramatic fashion, overtaking front runner Jordan McDougall at 34km after McDougall fell ill and dropped out. Lawrence had a winning margin of two minutes over Michael Wardian, a 38-year-old local (from Arlington, Virginia), who had won the race on six previous occasions.

Peter Lawrence, a 41-year-old from Houston, won in dramatic fashion, overtaking front runner Jordan McDougall at 34km after McDougall fell ill and dropped out. Lawrence had a winning margin of two minutes over Michael Wardian, a 38-year-old local (from Arlington, Virginia), who had won the race on six previous occasions.

In the half marathon local runner Christopher Mills took the fight to Tumicha Horsa. Horsa gained the advantage after an uphill climb around 12km, and although Mills fought hard to come back Horsa went on to win by 100m.

Hilary Dionne ran a personal best to win the half marathon – an encouragement for her plans to run the Boston Marathon on 16 April. “We had a lot of snow in Boston this winter, but that was my best Half Marathon time by 40 seconds - so I’m confident about how the training has gone and feel good heading towards Boston.”

Next year’s Rock ‘n’ Roll USA Marathon will take place on Saturday, 15 March 2014.

For more information visit Competitor.com or follow @RunRocknRoll on Twitter.
NEW FOR 2013!
Race app featuring live tracking and streaming.

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