



Holiday Lights Run

December 20, 2011

7:00 pm

Washington Court Hotel

Brought to you by:

DC Capital Striders Running Group

in Partnership with Washington Court Hotel.



Description of Event

This is a free event!

Open to anyone who wishes to run with us, sing along holiday cheer and enjoy the sites around town. We will gather at The Washington Court Hotel (525 New Jersey Avenue, NW, Washington DC), only a few short blocks from Union Station. Gather in the lobby! There will be a place to store bags, however we strongly encourage you to bring ONLY what you will run with. The hotel, DC Capital Striders, or any sponsors/affiliates are NOT responsible for any lost goods and/or personal items.

We will have a few packets to disseminate to the crowd but **we hope many of you printed out versions of the packet online.** We will sing a few songs at the hotel and then break into pace groups. **Each pace group will leave in 1 minute increments.** Post race – please join us back at the hotel in Federal City Bar for drinks and food specials!

Course

<http://www.mapmyrun.com/routes/view/58116066>

Written directions for route: Starting Point: Washington Court Hotel (525 New Jersey Avenue, NW Washington DC) General Course (4.42 Miles)

Begin in Front of Hotel

Take New Jersey Avenue (North) – to Massachusetts Avenue (less than .25 mile)

Take LEFT on Massachusetts Avenue – to K Street (approximately .50 mile)

Take LEFT on K Street – to New York Avenue NW (a few hundred yards)

Take LEFT on New York Avenue NW – to 14th Street NW (approximately .75 miles)

Take LEFT on 14th Street NW – to Constitution Avenue (approximately .75 miles)

Go to the Christmas Tree (meet your fellow runners and sing)

Leave Christmas Tree back to Constitution Avenue (make right to 17th Street)

Take 17th Street South towards WW2 memorial, hang left headed back to Washington Monument on path

Head right along Washington Monument, follow path to 14th street again (approximately .75 mile)

Cross 14th street, stay on toepath (sandy path along mall) til you reach 3rd Street NW (you will cross a few street crossings)

Sing in front of US Capitol on circle in front

Make left on First Street NW (this is right in front of the US Capitol facing the mall)

Head NORTH on First Street NW back up to Hotel.

The total distance of run is approximately 4 ½ miles. If you don't wish to run the entire distance, you can turnaround at a point that is best for you and return back to hotel.

Post-Run Festivities

After the run, Federal City Bar (located in the Washington Court Hotel lobby) will be offering draught beer specials (3\$ Budweisers; 4\$ Guinness, Stella, and Anchor Steam); 4\$ House White/Red Wines. Also, 10% off any food items.

The Songs

Jingle Bells

Dashing through the snow
In a one-horse open sleigh
Through the fields we go
Laughing all the way.
Bells on bob-tail ring
Making spirits bright
What fun it is to ride and sing
A sleighing song tonight.

Jingle bells, jingle bells
Jingle all the way,
Oh what fun it is to ride
In a one-horse open sleigh.

A day or two ago
I thought I'd take a ride
And soon Miss Fanny Bright
Was seated by my side;
The horse was lean and lank
Misfortune seemed his lot,
We ran into a drifted bank
And there we got upsot.

chorus

A day or two ago
The story I must tell
I went out on the snow
And on my back I fell;
A gent was riding by
In a one-horse open sleigh
He laughed at me as
I there sprawling laid
But quickly drove away.

chorus

Now the ground is white,
Go it while you're young,
Take the girls along
And sing this sleighing song.
Just bet a bob-tailed bay,
Two-forty as his speed,
Hitch him to an open sleigh
and crack! You'll take the lead.

chorus

Let it Snow

Oh the weather outside is frightful,
But the fire is so delightful,
And since we've no place to go,
Let It Snow! Let It Snow! Let It Snow!

It doesn't show signs of stopping,
And I've bought some corn for popping,
The lights are turned way down low,
Let It Snow! Let It Snow! Let It Snow!

When we finally kiss goodnight,
How I'll hate going out in the storm!
But if you'll really hold me tight,
All the way home I'll be warm.

The fire is slowly dying,
And, my dear, we're still good-bying,

But as long as you love me so,
Let It Snow! Let It Snow! Let It Snow!

Rudolph, the red-nosed reindeer

Rudolph, the red-nosed reindeer
had a very shiny nose.
And if you ever saw him,
you would even say it glows.

All of the other reindeer
used to laugh and call him names.
They never let poor Rudolph
join in any reindeer games.

Then one foggy Christmas Eve
Santa came to say:
"Rudolph with your nose so bright,
won't you guide my sleigh tonight?"

Then all the reindeer loved him
as they shouted out with glee,
Rudolph the red-nosed reindeer,
you'll go down in history!

Santa Clause is Coming to Town

Oh! You better watch out,
You better not cry,
You better not pout,
I'm telling you why:

Santa Claus is coming to town!

He's making a list,
He's checking it twice,
He's gonna find out
who's naughty or nice.

Santa Claus is coming to town!

He sees you when you're sleeping,
He knows when you're awake.
He knows when you've been bad or good,
So be good for goodness sake!

So...You better watch out,
You better not cry

You better not pout,
I'm telling you why.

Santa Claus is coming to town.

Little tin horns,
Little toy drums.

Rudy-toot-toot
and rummy tum tums.

Santa Claus is coming to town.

Little toy dolls
that cuddle and coo,
Elephants, boats
and Kiddie cars too.

Santa Claus is coming to town.

The kids in Girl and Boy Land
will have a jubilee.
They're gonna build a toyland town
all around the Christmas tree.

Oh....You better watch out,
You better not cry.

You better not pout,
I'm telling you why.

Santa Claus is comin'
Santa Claus is comin'
Santa Claus is comin'
To town.

We wish you a Merry Christmas

We wish you a merry Christmas
We wish you a merry Christmas
We wish you a merry Christmas
And a happy New Year.

We want some figgy pudding
We want some figgy pudding
We want some figgy pudding
And a cup of good cheer.

We won't go until we get some
We won't go until we get some
We won't go until we get some
So bring it out here!

We wish you a Merry Christmas
We wish you a Merry Christmas
We wish you a Merry Christmas
And a happy New Year.

Deck the Halls

Deck the halls with boughs of holly,
Fa la la la la la, la la la la.
Tis the season to be jolly,
Fa la la la la la, la la la la.

Don we now our gay apparel,
Fa la la, la la la, la la la.
Troll the ancient Yuletide carol,
Fa la la la la la, la la la la.

See the blazing Yule before us,
Fa la la la la la, la la la la.
Strike the harp and join the chorus.
Fa la la la la la, la la la la.

Follow me in merry measure,
Fa la la, la la la, la la la.
While I tell of Yuletide treasure,
Fa la la la la la, la la la la.

Fast away the old year passes,
Fa la la la la la, la la la la.

Hail the new, ye lads and lasses,
Fa la la, la la la, la la la.

Sing we joyous, all together,
Fa la la la la la, la la la la.
Heedless of the wind and weather,
Fa la la la la la, la la la la.

Twelve Days of Christmas

On the first day of Christmas my true love sent to me. A partridge in a pear tree.	Five gold rings Four colly birds Three french hens Two turtle doves and A partridge in a pear tree.
On the second day of Christmas my true love sent to me - Two turtle doves and A partridge in a pear tree.	
On the third day of Christmas my true love sent to me - Three french hens Two turtle doves and A partridge in a pear tree.	On the ninth day of Christmas my true love sent to me - Nine drummers drumming Eight maids milking Seven swans swimming Six geese laying Five gold rings Four colly birds Three french hens Two turtle doves and A partridge in a pear tree.
On the fourth day of Christmas my true love sent to me - Four colly birds Three french hens Two turtle doves and A partridge in a pear tree.	On the tenth day of Christmas my true love sent to me - Ten pipers piping Nine drummers drumming Eight maids milking Seven swans swimming Six geese laying Five gold rings Four colly birds Three french hens Two turtle doves and A partridge in a pear tree.
On the fifth day of Christmas my true love sent to me - Five gold rings Four colly birds Three french hens Two turtle doves and A partridge in a pear tree.	On the eleventh day of Christmas my true love sent to me - Eleven ladies dancing Ten pipers piping Nine drummers drumming Eight maids milking Seven swans swimming Six geese laying Five gold rings Four colly birds Three french hens Two turtle doves and A partridge in a pear tree.
On the sixth day of Christmas my true love sent to me - Six geese laying Five gold rings Four colly birds Three french hens Two turtle doves and A partridge in a pear tree.	On the twelfth day of Christmas my true love sent to me - Twelve lords leaping Eleven ladies dancing Ten pipers piping
On the seventh day of Christmas my true love sent to me - Seven swans swimming Six geese laying Five gold rings Four colly birds Three french hens Two turtle doves and A partridge in a pear tree.	
On the eighth day of Christmas my true love sent to me - Eight maids milking Seven swans swimming Six geese laying	

Nine drummers drumming
Eight maids milking
Seven swans swimming
Six geese laying
Five gold rings

Four colly birds
Three french hens
Two turtle doves and
A partridge in a pear tree.

Frosty The Snowman

Frosty the snowman was a jolly happy soul,
With a corn cob pipe and a button nose
And two eyes made out of coal.
Frosty the snowman is a fairy tale, they say,
He was made of snow but the children
Know how he came to life one day.
There must have been some magic in that
Old silk hat they found.
For when they placed it on his head
He began to dance around.
O, Frosty the snowman
Was alive as he could be,
And the children say he could laugh
And play just the same as you and me.
Thumpetty thump thump,
Thumpety thump thump,
Look at Frosty go.
Thumpetty thump thump,
Thumpety thump thump,
Over the hills of snow.

Frosty the snowman knew
The sun was hot that day,

So he said, "Let's run and
We'll have some fun
Now before I melt away."
Down to the village,
With a broomstick in his hand,
Running here and there all
Around the square saying,
Catch me if you can.
He led them down the streets of town
Right to the traffic cop.
And he only paused a moment when
He heard him holler "Stop!"
For Frosty the snow man
Had to hurry on his way,
But he waved goodbye saying,
"Don't you cry,
I'll be back again some day."
Thumpetty thump thump,
Thumpety thump thump,
Look at Frosty go.
Thumpetty thump thump,
Thumpety thump thump,
Over the hills of snow.

Special Thanks to:

The board of DC Capital Striders Running Group

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Washington Court Hotel

Bistro Bis