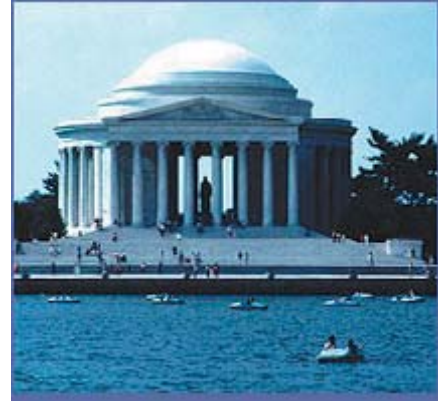


Boating



The Tidal Basin on the National Mall is a lovely place to go boating. The view of the Mall is magnificent from the water. Paddleboats can be rented at the Tidal Basin. Thompson Boat Center rents canoes, rowing shells, and sailing boats. There are even competitive rowing teams for those who want to race.

Organizations
Thompson Boat Center
(202) 333-9543

(www.thompsonboatcenter.com) offers canoe and kayak rentals, introductory training, and competitive racing programs.

Tidal Basin Paddle Boats (202) 479-2426 (www.tidalbasinpaddleboats.com) rents paddle boats. Rates are \$8/hr for a two-person boat and \$16/hr for a four-person boat. This is a great way to see the Jefferson Memorial and the cherry blossoms in the Spring! Don't forget to bring your sunscreen and drinking water.

Cricket

Those interested in cricket should check out the grounds located in West Potomac Park. The cricket field is located between ballpark #2 and #3.

Organizations

Washington Cricket League (www.wclinc.com/index.php) administers more than 25 teams in this area.

Fishing

The Potomac River offers some of Washington, D.C.'s best fishing, near the Tidal Basin, and in West Potomac Park and East Potomac Park. The catch includes crappies, yellow perch, and largemouth, smallmouth, and striped bass.

Permits/Licenses for Fishing

Permits are issued by the DC Harbor Police, contact: http://doh.dc.gov/doh/cwp/view.a,1374,q,584671,dohNav_GID,1837.asp. Licenses are valid from January 1 to December 31 of the calendar year marked on the license. Fees for residents are \$7.00 a year. Non-residents pay \$10.00 for a year or \$5.00 for a 14-day license. Scientific collection permits are free for non-profits or public institutions, and \$50 for for-profit research organizations.

Organizations

Take Me Fishing (703) 519-0013 (www.takemefishing.org/default.aspx?id=699) provides information to anglers and boaters. This is a good place to find information on fishing in DC.

Frisbee



With large expanses of open grass, the National Mall is a great place for Frisbee lovers. You can throw around a Frisbee for fun or look for a competitive game of Ultimate Frisbee.

Organizations

Washington Area Frisbee Club (www.wafc.org)

Golf

The East Potomac Golf Course, managed by a National Park Service concessionaire, offers visitors a challenging recreational opportunity. There are three 9-hole golf courses, a miniature golf course, a driving range, a pro shop, and a grill where you can satisfy your hunger after a long day on the course.



Organizations

East Potomac Golf Course
(<http://golfdc.com/gc/ep/gc.html>)
Miniature Golf (202) 554-7660
(<http://golfdc.com/gc/ep/mini.htm>)
Pro Shop (202) 863-4444
Capital City Golf School (202) 479-2596
(www.capitalcitygolfschool.com)

Ice Skating

Ice skating is an invigorating winter activity that can be enjoyed on the National Mall. There is an open-air ice skating rink at the National Gallery of Art Sculpture Garden from mid-November to mid-March. While taking a break from skating, visitors can enjoy hot chocolate or a delicious snack or meal at the excellent restaurant located in the garden.



Fees

\$7.00 adults; \$6.00 children (less than 12), seniors (older than 50), and students;
\$195.00 season pass;
\$3.00 skate rentals; \$.50 locker rentals (with \$5.00 deposit).

Information and Hours

The Ice Rink

(www.nga.gov/ginfo/skating.shtm) (202) 289-3360 is open from 10 am to 11 pm Monday through Saturday, and 11 am to 9 pm on Sundays, from mid-November to mid-March.

Kickball

Many teams play kickball on the National Mall. If you are looking for a fun activity that is slightly less competitive than baseball and soccer, check out kickball. Games are usually played near the foot of the Washington Monument, with social gatherings after the game at local pubs.



Organizations

DC Star
www.kickball.com

Polo

The polo field, located in West Potomac Park, is one of the few places where horses not owned by the National Park Service are allowed on the Mall. If you have a

team and horses, you should contact National Park Service to obtain a permit to play on the polo field. If you want to play but don't have a horse or a team, you should check out local polo clubs for current schedules.

Organizations

Red Eagle Ranch (www.redeagleranch.com or www.gopolo.com) (301) 972-7288

Rugby



plans to make the field into a parking lot, but rugby enthusiasts saved it, and local clubs have played there ever since.

Organizations

PAC Rugby (www.pacrugby.com) (202) 659-9414

Running

Runners can be seen on the Mall every day of the week and time of day. The National Mall offers one of the best places to run in the District of Columbia, with excellent views of the Potomac River, national monuments, the White House, the Capitol, and the Tidal Basin. Many of the paths that runners use are shaded by trees. Many running groups schedule runs on the Mall throughout the year.

Organizations

Run DC (www.rundc.com and www.rundc.com/Doc/DC/SW/EPotomacPark.htm)
The DC Road Runners (www.dcroaddrunners.org) (703) 241-0395 hold a long run every Saturday morning that starts at the parking lot of the United States Marine Corps Memorial (Iwo Jima Memorial) in Rosslyn, Va.

Soccer

There are several soccer fields on the Mall. It's also common to see groups playing pick-up games all over the Mall's expanses of grass, even under the trees. You should feel free to join these games or start your own. Organized clubs also use the fields regularly.

Organizations

Capital Coed Soccer Leagues (<http://www.theccsl.com>) offers 4 Divisions, including Premier, and 36 teams. Membership includes over 900 people per year. Most games are held on the National Mall, on the south side of the Reflecting Pool.



Washington Area Women's Soccer League
(www.wawsf.org)

Softball

The National Mall is an excellent location for playing softball because there are many fields in a central location. People of all levels should feel welcome to play. There are both competitive games and casual play on the fields daily.



Organizations

Congressional Softball League (www.congsoftball.com) comprises about 60 teams of up to 30 players each. The league requires players to be member of the Amateur Softball Association for insurance purposes.
Metropolitan Washington DC Amateur Softball Association (www.dcasa.org)

Swimming

Those who want a good workout can enjoy the 50-meter public outdoor swimming pool in East Potomac Park. Those who simply want a place to bring children or relax are welcome too.

Information

East Potomac Park Swimming Pool (202) 727-6523 is open from the start of June until the end of August. On weekdays, it is open from 1 to 8 pm. Saturdays and Sundays it is open from 12 to 6 pm. It is closed Wednesdays.

Organizations

District of Columbia Aquatics Club (<http://www.swimdcac.org>) is a swim team for those interested in swimming for fitness as well as competitive swimmers.

Tennis

The East Potomac Tennis Center is one of the largest public tennis facilities in DC. The center has 24 courts; 14 are hard courts and 10 are clay. There are indoor courts as well, and the temperature is kept at 70 degrees year round. There is also a pro shop and locker room and showers available to guests. Visitors also have access to a new ball machine that can feed balls at speeds of up to 80 mph! Instruction is available by reservation.

Information

(202) 554-5962
(www.eastpotomactennis.com)



Rates

Courts are provided on a first-come, first-served basis. Seasonal court-time contracts are also available.
\$8.00/hr hard courts; \$15.00/hr clay courts; \$17.00/hr indoor courts

Volleyball

On sunny days, volleyball lovers should check out the beautiful sand courts located southwest of the Lincoln Memorial. There are seven courts available for use.

Organizations



DC Doubles
(www.dcdoubles.com/Links/links.html)

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The National Mall Conservancy

A Citizens' Initiative

1000 Potomac Street, NW, Suite #119

Washington, DC 20007

www.nationalmallconservancy.org

800-618-3166

A Citizen's Guide

RECREATION & SPORTS ON THE NATIONAL MALL

Published by The National Mall Conservancy. Edited by Brandon Haydu.

2007

Introduction

Whether you are here for a visit or have been a resident of Washington, DC, for many years, the National Mall is an expansive and bustling park that you should visit and use because of its magnificent memorials and museums as well as its important role as the stage for our democracy. We often think about the Mall as home of our national icons, but it has another vital purpose. It was described as the people's place and a place for recreation when it was planned over 200 years ago and when it was expanded in the early 20th century.

Recreational facilities and open space on the National Mall are part of our national patrimony and a boon to local residents. The Mall provides places for those who want to relax, exercise, or participate in more organized ways in a sports club. Between the Capitol and the Lincoln Memorial, the grass fields offer plentiful spaces to play softball, soccer, kickball, or rugby. West Potomac Park has ball fields as well as facilities for polo, cricket, baseball, and volleyball. East Potomac Park is home to three golf courses, a miniature golf course, tennis courts, a swimming pool, and great roads for running, cycling, and rollerblading. The Tidal Basin and Potomac River offer areas to fish, paddle boat, kayak, sail, and even compete in competitive rowing. The open space is yours to enjoy.

This Citizen's Guide will tell you where facilities are located and provide a few ground rules for using recreational fields and facilities on the Mall. It will also help you to get in contact with the many sports clubs that use the Mall and guide you through the process of getting permits to organize your own club or recreational event.

Locations

The National Mall

The National Mall is two miles long, extending from the Capitol to the Lincoln Memorial, and includes Constitution Gardens, West Potomac Park, and the shoreline of the Potomac River. It is a formal landscape with large, open lawn areas. The large, rectangular grass fields are outlined by pathways, benches, and shade trees. National museums of art, history, and science are on the north and south sides of the National Mall and provide restrooms and places to eat. Between the Washington Monument and the Lincoln Memorial is the long Reflecting Pool, flanked with shaded pathways. The National Mall is where First Amendment demonstrations, large and small, take place. It is also a place where people throw Frisbees, fly kites, and play pickup baseball, soccer, and kickball. People walk, jog or bike along the open expanses at all hours of the day and evening. Many come just to enjoy the open spaces and the spectacular monuments and views.

Constitution Gardens

Constitution Gardens, located on the Mall north of the Reflecting Pool, has a naturalistic landscape quite different from the formal landscape between the Capitol and Lincoln Memorial. The lake in the middle of Constitution Gardens is the centerpiece. The path around the perimeter of the lake offers a relaxing place to walk. In the middle of the lake is an island with a memorial to the signers of the Declaration of Independence. The monument is hidden away from the main footpaths, and offers a quiet place to read and relax. The western portion of Constitution Gardens is home to large rolling fields and the Vietnam Veterans Memorial. This is a good place to lay down a blanket and enjoy a picnic.

West Potomac Park

West Potomac Park is the area of the Mall south of the Reflecting Pool and west of the Jefferson Memorial and Tidal Basin. It is bordered with Japanese cherry trees that are sometimes in full flower after the trees on the Tidal Basin have peaked. West Potomac Park is known for its recreational facilities, which include baseball diamonds, soccer fields, volleyball courts, and a polo field. From here, you can stroll on a path that extends along the Tidal Basin and through the FDR Memorial and the Korean War Memorial. The Potomac River is the southern boundary of West Potomac Park, and this relatively undeveloped riverfront offers many excellent views of the broad, slow-moving water.

East Potomac Park

East of the Tidal Basin, East Potomac Park is a 328-acre, two-mile-long island bounded by the Washington Channel on the north and the Potomac River on the south. It is accessible only from the west, near the Jefferson Memorial. This beautiful area offers many recreational facilities. There are multiple golf courses and tennis courts, as well as a large outdoor swimming pool. Ohio Drive runs along the perimeter of the park, providing a 3.2-mile loop popular with runners, cyclists, and rollerbladers. The eastern-most tip of the park is home to Hains Point, a splendid place to picnic. There are benches, tables, and a colossal statue of a giant rising from the earth called "The Awakening," a favorite of children who love to climb and explore. A restaurant is located near the golf course. The National Park Service's administration buildings, located at the entrance to the park, house offices where you can get information about Washington area parks and obtain permits to use them for recreational and other purposes.

Rules

Many people play "pick-up" games on the National Mall throughout the year. However, you may need a use-permit for group play when facilities get crowded, normally on weekends and during the summer months. You should plan to obtain a permit if you are organizing your own event or activity. Or you might consider joining a club if you want to play organized sports regularly or frequently. (Club information for various sports can be found in the sports section of the guide.) This section explains how to obtain a permit and some basic rules on the use of the athletic fields.

Obtaining a permit is the first step in planning an event on the National Mall and East and West Potomac Park. Permitting is necessary to guarantee group access to the various athletic fields between September and March. Permits are not required for swimming, tennis, and golf facilities, which have a specific reservation process. (This information can be found under the corresponding section for each sport.)

Permits are issued through two different offices: the DC Department of Parks and Recreation and the National Park Service. DC Parks and Recreation is responsible for permits for the softball fields, volleyball courts, rugby field, cricket grounds, and the polo field. The National Park Service issues permits for the soccer fields, polo fields, and the Washington Monument grounds. **The Department of Parks and Recreation can be reached at (202) 673-7667/7449 or www.dpr.dc.gov. The National Park Service Office of Park Programs is located in East Potomac Park and can be reached at (202) 619-7225.** The Park Service office also provides booklets outlining the rules for holding a special event. A special event permit is for events of a much larger scale than just a group game or tournament.

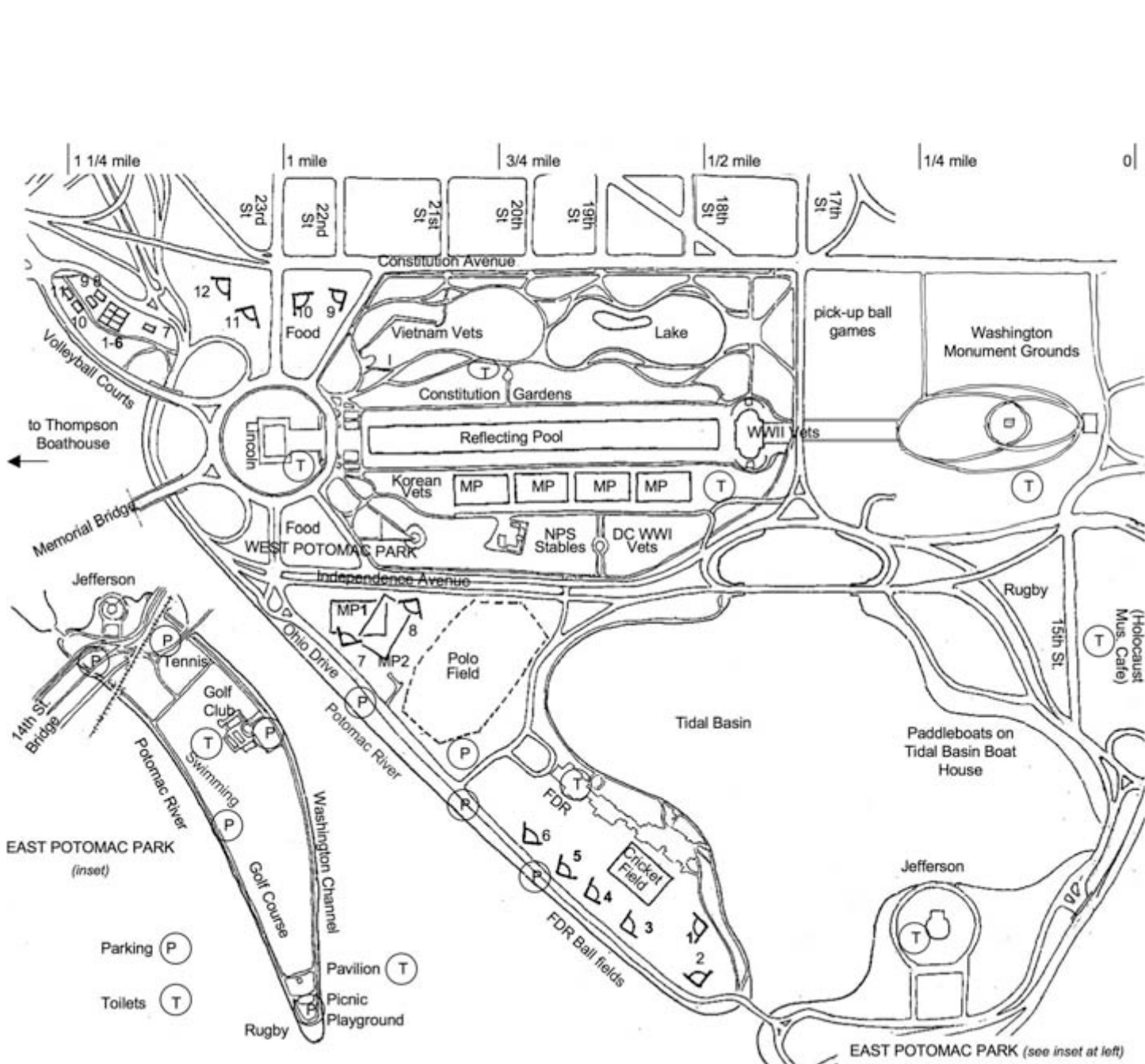
There are standard rules for permit holders. Games are not allowed 48 hours after a rainstorm or when there is water standing on the fields. There are no lights on the fields, so night play is impossible. Permit holders are allowed to paint lines and bring in portable goals. They are also allowed to play music and have announcers, as long as they do not disturb other users of the park. Prizes can be awarded at games, but any exchange of money—collecting registration fees or selling merchandise—is forbidden on National Park Service land. Users are not permitted to sell food or drink on National Park grounds. Fires, alcoholic beverages, and firearms are prohibited. For a full list of regulations, see the NPS Compendium at: <http://www.nps.gov/nama/parkmgmt/upload/NAMacompendium1.pdf>

General Information

Restrooms

Restrooms are located throughout the National Mall area. It is good to know where they are before making your way to the park. On the east side of the Mall, between the Washington Monument and Capitol, there are no public restrooms on the open space, but there are restrooms inside all the museums. The west side of the Mall has restrooms at many of the monuments, including the Lincoln Memorial, World War II Memorial, FDR Memorial, Jefferson Memorial, and Washington Monument. East Potomac Park has restroom facilities in three locations: near the tennis courts, along the road on the south side of the park, and near the picnic grounds on Hains Point.

Citizen's Guide Map of Recreation & Sports on the National Mall



Food

All of the museums on the National Mall have restaurants or cafes. Food courts are located nearby, at the Ronald Reagan Building and International Trade Center at 1300 Pennsylvania Ave. NW, and the Old Post Office Pavilion at 12th St. and Pennsylvania Ave. NW. There is a restaurant in East Potomac Park that sells burgers, chicken, hot dogs, fries, and beer. For a quick snack, options include refreshment kiosks on the Mall and street vendors off the Mall who sell hotdogs, drinks, and snacks, but provide no seating.

Picnic Areas

Picnicking is allowed throughout the National Mall, except in the immediate vicinity of monuments and memorials. Some places are better than others. The lake, rolling grass fields, and beautiful shade trees of Constitution Gardens make it an excellent place to enjoy a picnic. East Potomac Park near Hains Point is also a scenic picnic area. Use of the pavilion and some of the designated areas require a permit, but many areas are available on a first-come, first-served basis.

Playgrounds

There are playgrounds in East Potomac Park at Hains Point. The old-fashioned carousel in front of the Smithsonian Castle, open from 10 am to 5:30 pm, is a popular attraction for families with young children. The cost of a ride is \$1.75.

Public Transportation

Circulator

(www.dccirculator.com) (202) 962-1423. The Circulator offers bus service between downtown DC and Georgetown. During tourist season, it also offers a route that circles the National Mall between 17th Street and the museums. The bus does not serve, however, the Lincoln Memorial or other parts of the Mall west of the WWII Memorial. The route travels east along Constitution Ave., south on 4th St., west on Independence Ave., and north on 17th St., back to Constitution Ave. The Circulator stops at all the museums and the Washington Monument. The fee is \$1.00 per ride for adults and \$.50 for seniors and people with disabilities. The ride is free with a Metrobus or Circulator transfer, and for students with a DC Student Travel Card. Payments can be made in cash (exact change only) at the front door, or with Smart Trip cards, an all-day pass, or pre-purchased tickets from fare meters.

MetroRail

(www.wmata.com) (202) 637-7000. The Metro Mall stop is Smithsonian, at Independence Ave. and 12th St. NW. Nearby Mall stops are Federal Triangle, Archives Navy Memorial-Penn Quarter, and L'Enfant Plaza. MetroRail fares vary from \$1.35 to \$3.90, depending on the distance of trip and the time of day.

MetroBus

(www.wmata.com) (202) 637-7000. Metrobus lines 32, 34, and 36 circulate around the National Mall and have many stops along the way. The regular fare for the MetroBus is \$1.25 and \$.60 for seniors and people with disabilities. The express service costs \$3.00.

Parking

Public parking is limited to streets on and around the National Mall and in commercial garages north and south of the Mall. Parking is free along Constitution Ave. but is prohibited during rush hour—before 10 am and between 4 pm and 6:30 pm. Metered parking is available on Independence Ave., with the same rush hour restrictions, and on Mall cross streets. Parking on Madison Drive and Jefferson Drive on the Mall proper, permitted after 10 am, is free, but is generally restricted to two hours; ticketing or towing is enforced. Limited, free day-long parking is available on Ohio Drive SW, along the Potomac River, and in Lots A, B, and C south and west of the Jefferson Memorial.

Sports

Australian Rules Football

A sport requiring one of the largest fields is Aussie Rules Football. Played on a large oval field, Aussie Rules or "Footy" requires a skill set of running, kicking, and catching a football that looks like a cross between a rugby ball and an American football.



Organizations

The Baltimore Washington Eagles Australian Rules Football Club (www.baltimoredceagles.com) offers organized games to players of all experience levels. The Eagles are part of a nationwide league run by US Footy. They play in the East Coast League or EAFL, requiring some travel. In addition, the Eagles run a local Metro League competition, and they are looking to expand public knowledge of this sport through both co-ed leagues and children's clinics.

Baseball

There are 13 baseball fields on the National Mall, many located in West Potomac Park. There are also non-back boarded fields near the Washington Monument. These fields are used on a first-come, first-served basis.

Organizations

Sports Team Management (www.slm1.com) is an adult baseball league that plays by major league rules, on the National Mall and elsewhere.

DC Metro Senior and Adult Baseball League (www.dcmsbl.com) (202) 659-2734

Bicycling

Bicycling is not only fun, it's a practical and easy way to get around the Mall and East and West Potomac Park to see the historical sites and monuments. The road on East Potomac Park usually has little vehicular traffic, and offers a four-mile loop for a leisurely ride along the Washington Channel and the Potomac River. You can also join groups of cyclists in front of the tennis courts in East Potomac Park every weekday at noon for a race ride.



Organizations

WABA (www.waba.org) (202) 518-0524 is a local non-profit safety and education organization dedicated to improving the health and well-

being of Washington area residents through the promotion of safe bicycling for transportation and recreation.

Bike Washington (www.bikewashington.org) has a useful website for information about cycling in Washington DC.

Potomac Pedalers (www.bikepoptc.org) is the largest bike club in the Washington DC area.

Rentals

Bike the Sites (www.bikethesites.com) (202) 842-BIKE offers professionally guided bike tours and rents mountain bikes, accessories, and strollers.