

## Friends of the W&OD 10K

### Saturday, July 28, 2012 – 6:30 pm

www.safetvandhealthfoundation.org/friends



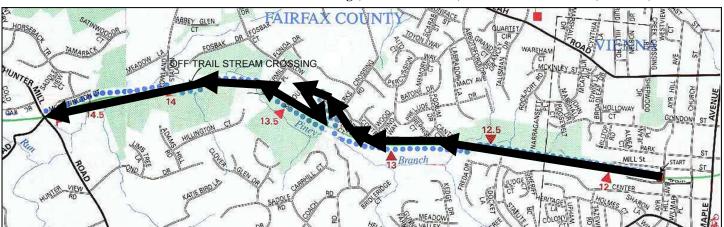
www.wodfriends.org

Safety And Health Foundation and Friends of the W&OD Trail welcome you! As stewards of our environment, we present the DC area's "green" race. All our printing is two-sided on recycled paper; we host a College of the Environment before and after the race; our t-shirts are printed using a non-polluting fusion process, rather than traditional screen printing; we recycle our race-day wastes; and we give away trees for your home garden. We hope today's College of the Environment inspires you. Come meet our exhibitors and sponsors:

- Whole Foods Market of Vienna, 143 Maple Ave East
- Transurban / Fluor Lane, building 495 Express Lanes
- **BOWA (703-734-9050) Turning Houses Into Homes**
- Positive Energy Brian Rice (443-942-1855(
- Vibha Dream Mile 5K, Sunday, July 29, 2012, at 8:00 AM
- Road Runner Sports, Falls Church VA (703-237-3636)
- Pacers Running Store, Fairfax VA (703-537-0630)
- Georgetown Running Company, DC (202-337-8626)
- **Trikke Virginia (703-348-7020)**
- **PowerBar Energy Blasts Honest Tea**
- Campbell's V-8 V-Fusion Wildberry Smoothie
- Northern Virginia Community College massage therapists
- Northern Virginia Regional Park Authority

- Virginia Native Plant Society Potowmack Chapter
- Potomac Appalachian Trail Club
- Fairfax County Park Authority Invasive Management Area
- **Athleta Tyson's Corner (703-388-2870)**
- Renewals by Anderson
- Juice Plus+
- **Girls Learn International**
- **Wat-Aah Drinks**
- **Chiropractic Health and Wellness Center**
- **Jacob Rawlings, ING Financial Partners**
- Antionette Ward, LegalShield
- Mario's Pizza House (703-525-0222 / 703-525-SUBS)
- Solar Emergency Rescue Vehicle Electric (SERVE)
- **Hybrid Pedals, The Electric Bicycle Company**
- Arlington Hypnotherapy visioning class Tuesday, July 31

COURSE MAP – Aid Stations at Clark's Crossing (1.5 And 4.5 Miles) and Hunter Mill Road (3.3 Miles)



Before and after the race, we gather at our College of the Environment near the red caboose at Centennial Park next to W&OD trail between Church Street and Ayr Hill Road. Before the race, please pick up your t-shirt, goodie bag, and bib number. Please wear your bib number visibly on the front of your shirt, and please do not pin through the tear-off at the bottom or remove it – we pull those tags at the end to score the race. From 4:30 PM to 7:45 PM, we provide a designated child-care area with Frisbees and balls. At 6:15 pm, we move to the start line across Ayr Hill for introduction of dignitaries, National Anthem, pre-race instructions, baby-stroller start at 6:29 PM, and competitive start at 6:30 PM. During the race, please stay on the right side of the W&OD Trail so bicyclists and other users can enjoy the trail during the race. On the way outbound, turn right at the aid station at Clarks Crossing, turn left onto Batten Hollow, turn around at the fireplug, return to Clark's Crossing, and turn right back onto the W&OD Trail. At Hunter Mill Road, bear right onto the gravel, then turn left around the cones and run straight back on the paved W&OD Trail (no turn at Clark's Crossing). We begin awards at 7:30 pm, with post-race food from Great Harvest Bakery, Honest Tea, Mario's Pizza House, PowerBar, Wat-Aah, and Whole Foods Market of Vienna. We thank today's volunteers from DC Capital Striders, W&OD Trail Patrol, AIMS India Foundation, and High Cloud Foundation. We provide a designated area for child care. We offer special prizes to anyone who visits all of our exhibitors. Get your form checked off and return it to us by 7:45 PM for the special awards. See reverse.

Post-race, we welcome post-race comments to racedirector@att.net We publish full results at www.safetyandhealthfoundation.org/20120728.html Have fun, enjoy, be safe, and thank you for joining us!

#### An official event of First Lady Michelle Obama's Let's Move OLYMPIC FUN DAY



# **OLYMPIC FUN DAY JULY 28, 2012**

Join an Olympic-inspired Meetup in your community.

#LetsMoveDay

#### We invite you to our upcoming events and races (and our friends' races)

- Tuesday, July 31, 2012 -- Seminar: "Understanding and Improving Your Run through Powerful Visualization & Subconscious Mind Techniques" -- presented by Heather Marie Wessel, C.Ht. -- Walter Reed Community Center, Arlington VA, 8:00 PM. \See www.safetyandhealthfoundation.org/20120831
- Thursday, August 23, 2012 -- Roosevelt Run 5K, Arlington VA -- 7:00 PM. Run past Theodore Roosevelt Island on one of the DC area's most scenic courses. See www.safetyandhealthfoundation.org/20120823
- Saturday, September 1, 2012 -- 1st ever Last Track to Boston Marathon, Falls Church High School Track. This marathon offers you one last opportunity to qualify for 2013 Boston Marathon, whose registration opens on September 10. We will provide lap counters, tents for shade on the track, and refreshments every lap. See www.safetyandhealthfoundation.org/20120901
- Saturday, September 15, 2012 -- 6th Abebe Bikila Day International Peace Half Marathon, Georgetown, Washington DC -- 8:00 AM. You're automatically on your state's competitive team. See www.safetyandhealthfoundation.org/20120915
- Sunday, September 16, 2012 -- 4th annual Revenge of the Penguins 10M and 20M Georgetown, Washington DC -- 8:00 AM. The only 20-mile race in the DC area with no time limit. See **www.mc-coop.org/penguins**
- Saturday, October 6, 2012 -- Monster Mask 5K, Fletcher's Cove, Washington DC -- 9:00 AM. Awards for the best mask and the best costume. See www.safetyandhealthfoundation.org/20121006
- Sunday, October 7, 2012 -- Ellen's Run 5K, Beach Drive, Chevy Chase MD -- 9:00 AM. Join students and families from the Bethesda-Chevy Chase neighborhood. See **www.ellensrunonline.org**
- Saturday, October 13, 2012 -- Prince George's County Crime Victims Fund Run 5K, Paint Branch Park Trail, College Park MD -- 8:30 AM. See www.pgvictimsfund.org/fund-run-5k-run--walk.html
- Sunday, October 14, 2012 -- Somerset Back-to-School 8K and 2K, Chevy Chase MD -- 9:00 AM. Montgomery County's finest road race. See www.safetyandhealthfoundation.org/somerset
- Sunday, November 18, 2012 -- 9½th Annual Potomac River Run Marathon, C&O Canal Towpath, Carderock MD -- 8:00 and 9:00 AM -- in memory of Dean Shulman. See www.safetyandhealthfoundation.org/marathon
- Sunday, May 5, 2013 -- 10th annual Potomac River Run Marathon, C&O Canal Towpath, Carderock MD -- 7:00 and 8:00 AM. See www.safetyandhealthfoundation.org/marathon

We a	ward a special prize to o	everyone who visits all our 20 exhibitors. Return this sl	heet to the registration desk for your prize.
	Bib #	Name	
	I visited these exhibite	ors:	Exhibitor Initials
1.	www.AMWAY.com/ricemart		
2.	Arlington Hypnotherapy		
3.	Athleta		
4.	BOWA		······
5.	Chiropractic Health and Wellness Center		
6.	Fairfax County Park Authority Invasive Management Area		
7.	Girls Learn International		
8.	Hybrid Pedals		
9.	ING Financial Partners		
10.	Juice Plus+		
11.	LegalShield		
12.	Leukemia & Lymphoma Society Team in Training		
13.	Northern Virginia Community College massage therapists		
14.	Northern Virginia Regional Park Authority		
15.	Potomac Appalachian Trail Club		
16.	PowerBar Energy Blasts		
17.	Renewals by Anderson		
18.	Transurban (495 Express lanes)		
19.	Trikke Virginia		
20		Society Potowmack Chanter	······