Friends of the W&OD 10K  
Saturday, July 27, 2013 – 6:30 pm
www.safetyandhealthfoundation.org/friends

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. We recycle, reduce, and re-use everything we can. 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. We award a special prize to everyone who visits all our 17 exhibitors.

Please return this sheet to the registration desk for your prize.

Bib #: __________________________ Name __________________________

I visited these exhibitors:

Exhibitor Initials:
[ ] Ayr Hill Garden Club
[ ] Athleta at Tysons Corner Center
[ ] BOWA (703-734-9050), Transforming Houses into Homes
[ ] David Guillaudeu, author, Washington & Old Dominion Railroad
[ ] Fastsigns® Fairfax
[ ] Historic Vienna Inc. at Freeman House (open till 8 PM)
[ ] The Hope Center For Advanced Veterinary Medicine
[ ] ING Financial Partners, Inc. - Heather May
[ ] Jack Taylor Toyota – visit their 2013 Toyota Prius
[ ] Juice Plus+
[ ] Friends of W&OD Trail
[ ] Northern Virginia Regional Park Authority
[ ] Meadowlark Botanical Gardens
[ ] Potomac Appalachian Trail Club
[ ] Shelter Box
[ ] Transurban, building I-495 Express Lanes
[ ] The Women’s Center, Vienna

Sponsors:
- **Virginia Hospital Center**
  We thank Virginia Hospital Center for their support and generous donation to this year's Friends of the W&OD 10k. The hospital was recently named one of the 100 top hospitals in America, and we're proud and lucky to have them here in our own backyard.
- **JK Enterprise Landscape Supply (703-352-1858)**
- **Georgetown Running Company, DC (202-337-8626)**
- **PowerBar Energy Blasts**
- **Great Harvest Bread Co.**
- **Hybrid Pedals, The Electric Bicycle Company**
- **Mario’s Pizza House (703-525-0222 / 703-525-SUBS)**
- **More Foundation Group**
- **Road Runner Sports, Falls Church VA (703-237-3636)**
- **Sport Science™ >**
- **W&OD Trail Patrol**
- **Whole Foods Market of Vienna, 143 Maple Ave East**

COURSE MAP

The race starts and finishes on W&OD Trail 30 meters west of Ayr Hill Road. During the race, please **stay on the right side** of 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 (1.5 miles), turn **left** onto **Batten Hollow but stay right**, turn **around left** at the fireplug and stay right, turn right and stay right to return to Clarks Crossing, and turn **right** back onto W&OD Trail. At the aid station at **Hunter Mill Road** (3.3 miles), bear right onto the gravel path, then turn **left** around the cones and run **straight back** on the paved W&OD Trail, with no turn at the aid station at Clarks Crossing (4.5 miles).

Sincerely, Safety And Health Foundation and Friends of the W&OD Trail

Jay Jacob Wind, secretary
Before and after the race:

- Pre-race goodie bag assembly is Friday, July 26, 2:00-3:00 PM, at Road Runner Sports, 1120 West Broad Street, Falls Church. Your services are urgently requested. Please join us on Friday at 2:00 PM to help assemble goodie bags and bib numbers.

- Pre-race packet pickup is Friday, July 26, 3:00-6:00 PM, at Road Runner Sports.

- On Saturday, July 27, race day, College of the Environment exhibitors arrive about 4:00 PM to be set up by 4:15 PM.

- On-site packet pick-up and race-day registration are 4:15 PM to 6:15 PM in front of the old red caboose next to W&OD trail at Centennial Park, 131 Church Street NE, Vienna VA, across Church Street from Historic Vienna Inc. at Freeman House.

- Our 7th annual College of the Environment with 16 exhibitors in Centennial Park between Church Street and Ayr Hill Road, plus Freeman House across Church Street, are open 4:15 PM to 8:00 PM.

- At packet pick-up, get 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 as a backup to electronic timing.

- At 6:15 PM, we move to the start line across Ayr Hill to introduce our dignitaries, including U.S. Senator Mark Warner, Virginia State Senator Chap Petersen, and W&OD Trail Adopters Loretta & Mike Paruti. We play the National Anthem, give pre-race instructions, start baby-strollers at 6:29 PM, and start runners at 6:30 PM.

- When you finish, enjoy post-race refreshments from Great Harvest Bakery, Mario’s Pizza House, PowerBar, and Whole Foods Market of Vienna.

- We begin presenting awards at 7:45 PM, including cash prizes of $250, $150, and $100 for 1st, 2nd, and 3rd male/female overall, and gift certificates from Falls Road Running Company, Georgetown Running Company, Northern Virginia Regional Park Authority, and Road Runner Sports; maple tree seedlings; and RedStar WorldWear sunglasses to 1st, 2nd, and 3rd male/female in age groups 9 & under, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80 & over.

- Post-race, we recycle everything and make the campground cleaner than we found it. Please recycle everything in our bins.

- We thank today’s volunteers from Bechtel Corporation, DC Capital Striders, and W&OD Trail Patrol; and we thank College of the Environment leaders Karla McDuffie and Kenneth Trinh; Friends of the W&OD president Roger Neighborgall and other FoWOD directors, and Karl Mohle and his team from Northern Virginia Regional Park Authority.

- Post-race, we welcome comments and photos on our Facebook page www.facebook.com/groups/FriendsOfTheWOD10K or to racedirector@att.net.

- We publish full results at www.safetyandhealthfoundation.org/20130727.html.

- Have fun, enjoy, be safe, and thank you for joining us!

Forever Green Recycling will have a van on-site to accept your electronic wastes:

- Aircraft instrumentation, gyroscopes
- Amplifiers, receiver-transmitters, oscillators, frequency control indicators
- Auto starters & alternators
- Batteries (dry and wet cell)
- Cable boxes (analog and digital)
- Cell phones & telephone sets
- Cell phone batteries and accessories
- CD (Compact Disk)
- Computers
- Connectors (Cannon, Amp, etc.)
- Copiers
- Copper & aluminum radiators
- Copper Anodes
- Desktops
- DVD (Digital Video/Versatile Disk)
- Electric meters & gas meters
- Electric motors
- Hard drives, floppy drives, CD ROM destruction via shredding
- Hubs
- Hybrid Scrap
- Insulated cable, wire harnesses, cable assemblies
- Integrated Circuits/Semiconductors
- Keyboards
- Laptops
- Mainframe computer equipment (ADPE)
- Modems
- Monitors CRT & LCD
- Mouse(s)
- Naval Electronics
- PC CPUs – desktop, laptop & tower
- Plated Carrier Strips
- Plated Parts
- Power supplies
- Power transmission switchgear
- Printed Circuit boards
- Printers
- Print Cartridges
- Projection equipment
- Radar & sonar equipment
- Radio equipment, transponders
- Relays
- Rotors
- Scanners
- Servers
- Silicone Wafers
- Solder Dross
- Spark Plugs
- Tape drives
- Telecommunications equipment
- Telephones
- Test equipment, oscilloscopes, meters, digital analyzers
- Thick/Thin film Materials/ Ceramic
- Tin Anodes
- Toner Cartridges
- UPS systems
- Video Tapes
- Waveguide assemblies

Repurpose your old (used but not abused) athletic shoes. Bring them to our collection point at College of the Environment for More Foundation Group’s shoe-recycling program (www.morefoundationgroup.org) (formerly Perpetual Prosperity Pumps Foundation).