

Friends of the W&OD 10K
Saturday, August 1, 2015 – 6:30 PM
www.safetyandhealthfoundation.org/friends

www.wodfriends.org

ACE Physical Therapy & Sports Medicine Institute, 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 all 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 of our exhibitors.

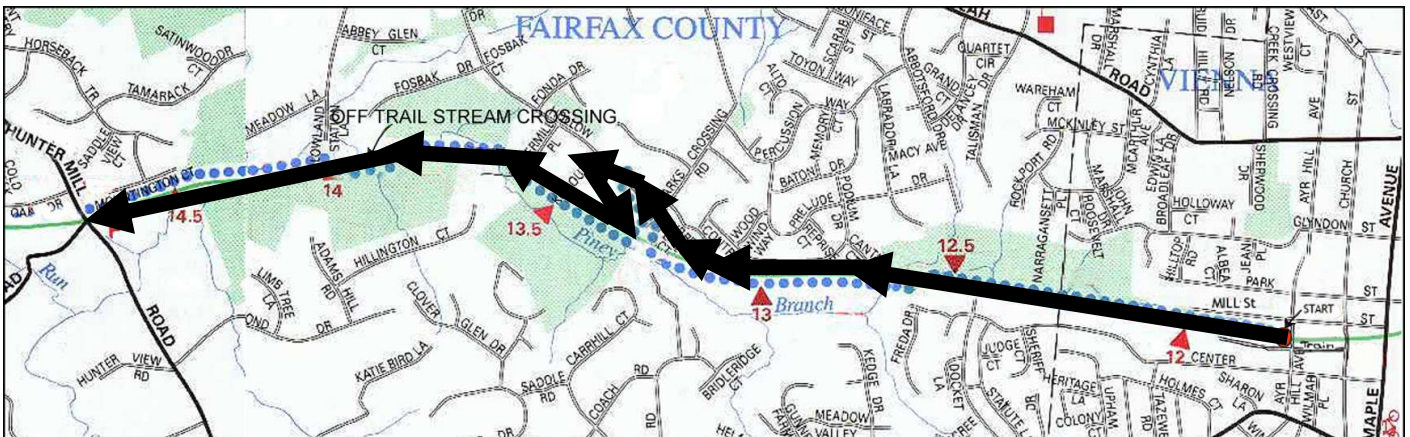
I visited these exhibitors: Bib # _____ Name _____

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

Exhibitor Initials:

- | | |
|---|---|
| <input type="checkbox"/> ACE Physical Therapy and Sports Medicine Institute | <input type="checkbox"/> Aspire Natural Sports Drinks |
| <input type="checkbox"/> BOWA Transforming Houses into Homes | <input type="checkbox"/> Athleta |
| <input type="checkbox"/> Historic Vienna Inc. at Freeman House (across Church St.) | <input type="checkbox"/> Breakout Running |
| <input type="checkbox"/> Engineers Without Borders | <input type="checkbox"/> Koons Tysons Scion |
| <input type="checkbox"/> Northern Virginia Regional Park Authority / Meadowlark Gardens | <input type="checkbox"/> McAdam Financial |
| <input type="checkbox"/> Potomac Appalachian Trail Club | <input type="checkbox"/> PNC Bank |
| <input type="checkbox"/> Renewal By Andersen | <input type="checkbox"/> The Women's Center of Vienna |

COURSE MAP



We thank **ACE Physical Therapy** and **DC Capital Striders** for staffing registration and assisting at our aid stations.

The race starts and finishes on W&OD Trail at the third stripe 30 meters west of Ayr Hill Road.

On W&OD Trail, please **stay on the right side** so bicyclists and other users can enjoy the trail during the race.

On the way outbound, at 1.5 miles, turn **right** at the **aid station** at **Clarks Crossing**, run through the small parking lot, turn **left** onto **Batten Hollow** but stay **right**, turn **around left** at the fireplug near Kohoutek Court and stay **right**. When you return to Clarks Crossing, turn **right** and stay right, then pass the **aid station** and turn **right** back onto W&OD Trail.

At the **aid station** at **Hunter Mill Road** (3.3 miles), bear **right** onto the unpaved 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,

Jay Jacob Wind

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Secretary, Friends of the W&OD Trail
 Director, Safety And Health Foundation

PRE-RACE:

- Tuesday, July 28 – Goodie bag assembly at **ACE Physical Therapy and Sports Medicine Institute**, 2841 Hartland Road #401B, Falls Church VA 22043 (703-205-1233) – one block east of Gallows Road, one block north of Lee Highway
- **Thursday, July 30, 7:00 PM to 9:00 PM** – Packet pick-up, **Athleta**, 8034 Tysons Corner Center, McLean VA 22102, 2nd floor, Nordstrom entrance (703-388-2870 x 8)
- **Friday, July 31, 4:00 PM to 7:00 PM** – Packet pick-up at **ACE Physical Therapy and Sports Medicine Institute**, Falls Church
- Your services are urgently requested. Please join us to help us at packet pick-up

RACE-DAY:

- On race day, Saturday, August 1, **College of the Environment** exhibitors arrive about 4:00 PM. Come early if you want to help an exhibitor to set up
- On-site packet pick-up and race-day registration are **open 4:15 PM to 6:15 PM** in front of old red caboos 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 9th annual College of the Environment with 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. Come meet our exhibitors and sponsors
- We present a **special award** to everyone who **visits all** our exhibitors and gets each exhibitor's initials on your form. Please return your form to the awards table by 7:45 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 name tag at the bottom or remove it – we **pull those name tags** at the end to score the race as a backup to electronic timing
- At **6:00 PM**, Ace Physical Therapy presents a **pre-race warm-up** in front of the old Vienna train station. Come join us!
- At **6:15 PM**, we move to the start line across Ayr Hill to introduce our dignitaries including Virginia State Senator Chap Petersen, who has run our race almost every year, any **Adopt-A-Trail members** on hand, and our official starter, to be announced
- At **6:25 PM**, we play the National Anthem and give pre-race instructions
- At **6:29 PM**, we start baby-strollers, and at **6:30 PM**, we start runners
- After you finish, enjoy **post-race refreshments** from Aspire Beverages, Great Harvest Bakery, Mario's Pizza House, and Whole Foods Market of Vienna
- At **7:45 PM**, we present awards, including cash prizes of \$250, \$150, and \$100 for 1st, 2nd, and 3rd male/female overall, and gift packages from Northern Virginia Regional Park Authority and other sponsors for age-group winners
- Post-race, we **recycle everything** and make the campground cleaner than we found it. Please recycle everything in our bins
- Repurpose your used (but not abused) athletic shoes. Bring them to our collection point at College of the Environment for More Foundation Group's recycling (www.morefoundationgroup.org) (formerly Perpetual Prosperity Pumps Foundation)
- Portable toilets are east of the caboos at Church Street and at Hunter Mill Road

We thank our volunteers from **DC Capital Striders** and **W&OD Trail Patrol**; our College of the Environment leaders **Karla McDuffie** and **Kenny Trinh**; Friends of the W&OD president **Roger Neighborgall**, vice-president **Pat Turner**, and other FoWOD directors and Trail Patrol members; **Karl Mohle** and his team from **Northern Virginia Regional Park Authority**, and our sponsors:

- **ACE Physical Therapy and Sports Medicine Institute**, leading pre-race warm-up at 6:00 PM and pre-race / post-race musculo-skeletal evaluations
- **Aspire Natural Sports Drinks**
- **Athleta at Tysons Corner**
- **BOWA Transforming Houses into Homes**
- **Breakout Running**
- **Glory Days Grill**
- **Great Harvest Bakery**
- **Koons Tysons Scion**
- **Mario's Pizza House**
- **McAdam Financial**
- **Metro 29 Diner**
- **PNC Bank**
- **Renewal By Andersen**
- **SmartyPants Vitamins**
- **Whole Foods Market of Vienna**

POST-RACE

- Post-race, we welcome comments and photos on our Facebook page www.facebook.com/groups/FriendsOfTheWOD10K or by e-mail to racedirector@att.net
- We publish full results at www.safetyandhealthfoundation.org/20150801.html
- Have fun, enjoy, be safe, and thank you for joining us!

Sincerely,

Jay Jacob Wind

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Secretary, Friends of the W&OD Trail
Director, Safety And Health Foundation