

W&OD 10K
Saturday, August 6, 2016 – 6:00 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; and we recycle all our race-day wastes.

We hope today's **College of the Environment** inspires you. If you visit ALL of our exhibitors, you win a **special prize!**

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

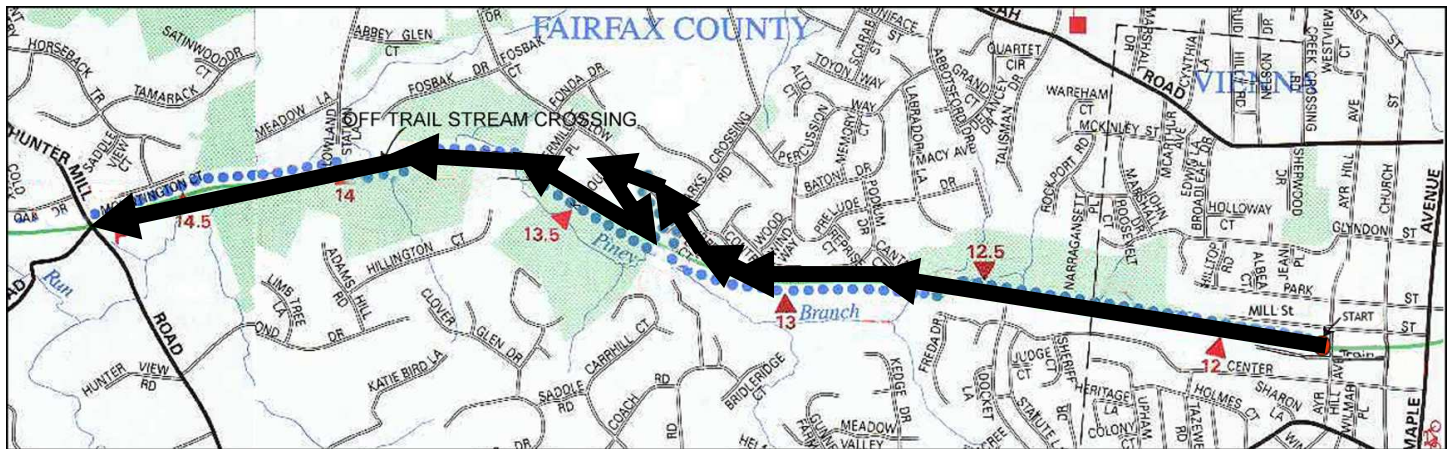
I visited these exhibitors: Bib # _____ Name _____

Exhibitor Initials:

- ACE Physical Therapy and Sports Medicine Institute
- American Living Organ Donor Fund
- Becky's Petcare
- Breakout Running
- David Guillaudeu, author, *Images of Rail: W&OD*
- Dr. Ashis Roy, author, *The Joy of Running*
- Elevate Interval Fitness
- Empanadas de Mendoza (food truck)
- Engineers Without Borders - NoVa Pro Chapter
- First Citizens Bank
- Justice Ventures International
- Meadowlark Botanical Gardens

- Mile Marker Performance
- Northern Virginia Regional Park Authority
- Parent Encouragement Program
- Potomac Appalachian Trail Club
- Progressive Dental Care, PLLC
- Pure Chiropractic
- Renewal by Anderson
- Roselle Center for Healing
- The Women's Center
- Three Club Nutrition
- Zoe's Kitchen

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 out, at 1.5 miles, turn **right** at 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

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

PRE-RACE:

- **Friday, August 5,** 1:00 PM to 4:00 PM – Goodie Bag assembly
4:00 PM to 6:00 PM – Packet pick-up 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
- Your services are urgently requested. Please join us to help us at packet assembly and packet pick-up

RACE-DAY:

- On race day, Saturday, August 6, **College of the Environment** exhibitors arrive about 3:30 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 5:45 PM** in front of 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 10th 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 7:15 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 name tags** at the end to score the race – **DON'T REMOVE YOUR NAME TAG!**
- At **5:30 PM**, Ace Physical Therapy presents a **pre-race warm-up** in front of the old Vienna train station. Come join us!
- At **5:45 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 **5:55 PM**, we play the National Anthem and give pre-race instructions
- At **5:59 PM**, we start baby-strollers, and at **6:00 PM**, we start runners
- After you finish, enjoy **post-race refreshments**
from Giant Food, Great Harvest Bakery, and Whole Foods Market of Vienna
- At **7:15 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 west of Old Vienna Station at Ayr Hill Road and at Hunter Mill Road
- PLEASE DO NOT PARK AT VIENNA ASSEMBLY OF GOD CHURCH PARKING LOT

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; **David Garcia**, **Andy Kaganowich**, **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 5:30 PM and pre-race / post-race musculo-skeletal evaluations
- **Alarm System Reviews**
- **First Citizens Bank**
- **Great American Restaurants**
- **Great Harvest Bakery**
- **Metro 29 Diner**
- **Mile Marker Performance**
- **Old Dominion Racing**
- **Pure Chiropractic**
- **Renewal by Anderson**
- **Road Runner Sports**
- **The Sample Guy, Inc.**
- **Whole Foods Market of Vienna**
- **Zoe's Kitchen**

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/20160806.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