

Thank you for entering W&OD Trail 5K, Sunday, March 26, at Bluemont Park South Shelter, 329 North Manchester Street, Arlington VA.

- o **Start time:** 10:00 AM

- o **Course:** Out'n'back on Four Mile Run Trail and W&OD Trail. Start near the parking area and run on the newly-paved trail. Be cautious running under Wilson Boulevard about 400 meters into the race and with about 400 meters to go. About 1 mile into the race, you encounter a long hill, but it's not steep. The turnaround is a few meters past the top of the long hill. You can view the USATF-certified course map at <http://www.safetyandhealthfoundation.org/images/BluemontUSATFmap.pdf>

- o We conduct this event **in memory of**

- o Walter L. Mess, chairman emeritus of [NOVA Parks](#)

- [Read about Walter L. Mess's leadership of NOVA Parks](#)

- [Read about Walter L. Mess's service in the OSS](#)

and

- o [Roger B. Neighborgall](#), longtime president of [Friends of the W&OD Trail](#)

- [Read about the creation of the W&OD Trail](#)

- o with assistance from

- [Falls Church-McLean Children's Center](#)

- [NOVA Parks](#)

- [W&OD Trail Patrol](#)

- o For a preview of the **t-shirt**, please see

<http://www.safetyandhealthfoundation.org/wod/2016Mess-WOD5K.pdf>

- o **Parking:** Bluemont Park South Shelter has about 75 parking spaces. You may also park free on Manchester Street, on the adjoining streets, at nearby Ashlawn School, or at Bluemont Park North Shelter, 601 North Manchester Street at Wilson Boulevard.

- o **Race-day packet pick-up** on Sunday, March 26, runs from 8:30 PM to 9:45 PM, at Bluemont Park South Shelter. You receive your t-shirt, goodie bag, and bib number. Please affix your bib number to the front of your shirt, not obscured in any way, and please leave the name tag intact at the bottom of your bib number. We retrieve that name tag after you finish to score the race. We can't score you without your name tag.

- o **Bathrooms:** Easily accessible south of the parking area.

- o **Start / finish line:** North of the parking area, about 100 meters from the picnic shelter. Please allow adequate time to get from packet pick-up at the picnic shelter to the start line.
- o **Race-day exhibitors:**
  - o **[Renewal By Andersen](#)** (703-682-5649) the full-service window-replacement division of 113-year-old Andersen Corporation, the owner of the most trusted family of window brands in America. Renewal was founded with a mission to redefine the industry and to offer a different—and better—window-replacement experience
  - o **[Palmercare Chiropractic](#)** (571-327-2213) a professional chiropractic clinic. In practice as well as online, our doctors strive for excellence through superior patient treatment, education, and satisfaction
  - o **[TD Bank Clarendon / Arlington](#)** (703-387-0187) - if you open an account with TD Bank linked to SHF's Affinity Membership Program, TD Bank donates \$50 to us. If you already have an account and call TD Bank to link to our program, TD Bank donates \$10 to us. It's the best offer we've had all day!
  - o **[Acme Pie Company](#)** (202-215-3063) serving joy by the slice. Acme Pie owner Sol Schott will treat you post-race to a slice of pie, and we'll have 8 of his pies for awards. You can buy his pies in advance for delivery on Sunday at the race. See [www.acmepieco.com](http://www.acmepieco.com) to pre-order (large pies for \$28 - serves 8 to 12, small pies for \$12 - serves 3 to 5) for pick-up on Sunday. Select from six recipes: Gluten-Free Key Lime; Baked Coconut Custard; Sour Cherry with Streusel Topping; Blackberry with a Hint of Lime (vegan); Scottish Apple with Whiskey plumped raisins; and Pecan-Maple-Belgian Chocolate

We thank our **sponsors:**

- o **[FastSigns of Fairfax](#)** (703-352-6200) serving all your business needs for more than 20 years, from signage to commercial printing, to engraving services
- o **[Center for Orthopaedics and Sports Medicine](#)** (703-848-0800) has provided expert orthopaedic and sports medicine care to the Northern Virginia community for more than 30 years. With 3 convenient locations in Falls Church, Tysons Corner, and Reston, Center for Orthopaedics and Sports Medicine is always in a position to help you stay on track. Call 703-848-0800 or go online at [www.CFOSM.com](http://www.CFOSM.com) to schedule an appointment
- o **[Great Harvest Bread](#)** (703-938-0921) For more than 30 years, we have been using long-traditional methods of baking to create breads that are truly one-of-a-kind, simple, wholesome, and delicious. Bread, the way it ought to be!
- o **[Whole Foods Market](#)** (571-777-3948) with many delicious reasons to shop our new store, including fresh baked breads, cookie bar, cakes and donuts; hot bar, organic salad bar, ramen, fresh sushi and artisan pizza; The Basin, our 82 seat barroom, featuring a seafood menu,

local wine, beer, spirits and signature cocktails; and smoothie and coffee bar featuring draft nitro cold brew

- o **Timing:** We time the race the old-fashioned way modernized, recording each finish manually and saving it electronically. Please please please wear your bib number where we can see it, and don't remove your name tag until we collect it post-race.
- o **Pi-reciting contest:** Before the awards presentation, we host a contest to see who can recite pi to the most decimal places. Winner wins an Acme Pie!
- o **Awards:** We compute award winners as quickly as possible after the finish. If you're an overall M/F or age-group winner, you can select your award -- an Acme pie, SHF shatterproof sunglasses, SHF winter woolly caps just in time for spring, or \$10 gift certificate from Pacers Running Stores.
- o **Results:** We publish complete results the afternoon of the race at [www.safetyandhealthfoundation.org/20170326.html](http://www.safetyandhealthfoundation.org/20170326.html)
- o **Donations:** You may make tax-deductible donations to Falls-Church-McLean Children's Center or Safety And Health Foundation and donations to Friends of the W&OD Trail.
- o We **look forward** to welcoming you!

Thank you, Jay Jacob Wind

Secretary, Friends of the W&OD Trail  
Director, Safety And Health Foundation  
racedirector@att.net