

In memory of  
Walter L. Mess, chairman emeritus of  
Northern Virginia Regional Park Authority,  
and Roger Neighborgall, past president,  
Friends of the W&OD Trail

10th annual

# W&OD 5K

on the historic W&OD Trail

**Sunday, March 25, 2018 - 10:00 AM**

**Start / Finish at Bluemont Park, 329 North Manchester Street, Arlington Virginia**

Presented by



to benefit

**Friends of the W&OD Trail  
and  
Falls Church-McLean  
Children's Center**



**Thank you** for entering W&OD 5K, Sunday, March 25, at Bluemont Park South Shelter, 329 North Manchester Street, Arlington VA.

## **We are grateful to our sponsors:**

- o FastSigns of Fairfax VA (703-352-6200) – [www.fastsigns.com/266-fairfax-va](http://www.fastsigns.com/266-fairfax-va) -- serving all your business needs for more than 20 years, from signage to commercial printing to engraving services
- o Acme Pie Company -- Joy by the slice – [www.acmepieco.com](http://www.acmepieco.com)
  - To order a pie for pick-up at the race, please call Sol at 202-215-3063
  - The pies:
    - 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
- o Trader Joe's Clarendon, 1109 North Highland Street, Arlington, VA 22201 (703-351-8015)  
[www.traderjoes.com](http://www.traderjoes.com)

## **SUNDAY SCHEDULE**

- o 9:15 AM - 9:45 AM -- Packet pick-up opens on-site
- o 9:35 AM - PI-reciting contest -- Your choice of ACME PIES to the winner
- o 9:45 AM -- National Anthem
- o 10:00 AM -- Race starts - USATF-certified course VA-08016-RT
- o 10:45 AM -- (Approximate) Awards presentation
- o Post-race picnic courtesy of ACME PIE COMPANY and TRADER JOE'S

**Course:** Out'n'back on Four Mile Run Trail and W&OD Trail. Start near the parking area and run on the 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>

**In Memory:** We conduct this event in memory of

- o Walter L. Mess, chairman emeritus of NOVA Parks
- o Roger B. Neighborgall, longtime president of Friends of the W&OD Trail

**Conducted with assistance** from

- Falls Church-McLean Children's Center
- NOVA Parks
- W&OD Trail Patrol
- Safety And Health Foundation

**Race-day packet pick-up** on Sunday, March 25, runs from 9:15 AM to 9:45 AM, at Bluemont Park South Shelter. You receive your t-shirt, (maybe) 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.

**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.

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

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.

**More about Acme Pie Company** (202-215-3063): Joy by the slice. Acme Pie owner Sol Schott will treat you post-race to a slice of pie, and we'll have 6 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

**Pi-reciting contest:** Before the race starts, we host a contest to see who can recite pi to the most decimal places. Winner wins an Acme Pie!

**Awards:** We compute award winners (top 3 M/F overall, top 3 M/F in 10-year age groups) 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 winter woolly caps just in time for spring, or \$10 gift certificate from Pacers Running Stores.

**Results:** We publish complete results the afternoon of the race at [www.safetyandhealthfoundation.org/20180325.html](http://www.safetyandhealthfoundation.org/20180325.html)

**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.

We thank you for joining us!

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