



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

to



Start / Finish at Bluemont Park South Shelter
 399 North Manchester Street, Arlington Virginia

Thank you for entering W&OD 5K, in memory of two founders of the W&OD Trail:

- Walter L. Mess, past chairman of Northern Virginia Regional Park Authority (NVRPA – NOVA Parks)
- www.regionalparks.blogspot.com/2013/05/walter-mess-leaves-lasting-legacy.html

“Our friend and long-time colleague, Walter Mess, had a dream – the preservation of unspoiled areas of natural beauty and places of historic significance for the enjoyment of Northern Virginians far into the future,” said NVRPA board member David Pritzker from the City of Alexandria. “Through more than a half century of inspiration, political acumen, and just plain hard work, Walter achieved that dream and lived to see the success of the legacy he created for all of us.”

- Roger B. Neighborgall, longtime president of Friends of the W&OD Trail
- www.safetyandhealthfoundation.org/wod/rneighborgall.html

A graduate of Duke University, Roger was a member of the Greatest Generation, a U.S. Army Ranger who fought in Europe including the Normandy invasion and Battle of the Bulge. At the end of the war in Europe, he applied his munitions expertise to help recover stolen Jewish treasure stored in German bank vaults. His military awards include the Silver and Bronze Stars and a Presidential Unit Citation. He was recalled to service during the Korean War and spent his civilian career as an executive in the defense industry.

Roger's war experience imparted a profound love of life and a can-do determination to give back to his family, community and country. A community activist and perennial volunteer, he was active in Lions Club, American Legion, and various city government organizations. He spoke extensively about his experiences to community and school groups and particularly enjoyed teaching middle schoolers about the War, life, and the qualities of leadership. He was active in veterans' organizations and was a USO volunteer and a greeter of Honor Flights, bringing his fellow vets to visit the WWII Monument. He was founder and president of Northern Virginia Tennis League and longtime president of Friends of the W&OD Trail.

We thank our sponsors:

- **Acme Pie Company** – Joy by the slice www.acmepieco.com (202-215-3063)
 - To order a pie, better call Sol!
 - Baked Coconut Custard
 - Gluten-Free Key Lime
 - Sour Cherry with Streusel Topping
 - Blackberry with a Hint of Lime (vegan)
 - Pecan-Maple-Belgian Chocolate
 - Scottish Apple with Whiskey-Plumped Raisins
- **Bella Hookah Lounge**, 3819 S. George Mason Drive, Falls Church – offering the best in Ethiopian cuisine www.facebook.com/BellaLoungeSkyline (571-205-0825)
- Chris Bosco of Athlete Development Center in Falls Church – providing pre-race evaluation and post-race massage www.adcfc.com/chris-bosco (703-826-4309)
- **FastSigns of Fairfax VA** – serving all your business needs for more than 20 years, from signage to commercial printing to engraving services www.fastsigns.com/266-fairfax-va (703-352-6200)
- **Trader Joe's Clarendon**, 1109 N. Highland St., Arlington www.traderjoes.com (703-351-8015)

Conducted with assistance from

- Falls Church-McLean Children's Center
- Northern Virginia Regional Park Authority
- Friends of the W&OD and W&OD Trail Patrol
- Safety And Health Foundation

Events:

- 10:00 AM – 10:45 AM -- Packet pick-up opens on-site
- 10:35 AM – PI-reciting contest – Your choice of ACME PIES to the winner
- 10:45 AM – National Anthem
- 11:00 AM – Race starts - USATF-certified course VA-08016-RT
- 11:45 AM – (Approximate) Awards presentation
- Post-race picnic courtesy of Acme Pie Company, Bella Hookah Lounge, and Trader Joe's Clarendon

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. View the USATF-certified course map at www.safetyandhealthfoundation.org/images/BluemontUSATFmap.pdf

At race-day packet pick-up, you receive a warm wooly winter hat from SHF, reflective slap bracelet and water bottle from Friends of the W&OD Trail, your bib number, and safety pins if you need them. Please affix your bib number to the front of your shirt, not obscured in any way, and please don't remove the name tag at the bottom of your bib number. We time the race the old-fashioned way, recording each finish manually and saving it electronically. We collect your name tag after you finish to score the race. We can't score you without your name tag.

Bathrooms: Easily accessible south of the parking area.

Start / finish line: Next to 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. **Buy a pie!** To order, see www.acmepieco.com – large pies for \$28 - serves 8 to 12, small pies for \$12 - serves 3 to 5). Baked Coconut Custard; Sour Cherry with Streusel Topping; Blackberry with a Hint of Lime (vegan); Gluten-Free Key Lime; Scottish Apple with Whiskey plumped raisins; 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! Hint: PI starts with 3.14159 ...

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 or \$10 gift certificate from Pacers Running Stores.

Results: We publish complete results at www.safetyandhealthfoundation.org/20190323.html

Donations: You may make tax-deductible donations to

- Falls-Church-McLean Children's Center www.fcmlcc.org
- Friends of the W&OD Trail www.wodfriends.org
- Safety And Health Foundation www.SafetyAndHealthFoundation.org
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We thank you for joining us!

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

11th annual

W&OD 5K

on the historic W&OD Trail

Saturday, March 23, 2019 – 11:00 AM