12th annual
W&OD TRAIL 5K

In memory of
W&OD Trail founder Walter L. Mess
and Friends of the W&OD president Roger Neighborgall
Sunday, March 29, 2020 - 10:00 AM

Washington & Old Dominion Trail at Bluemont Park South Shelter
329 North Manchester Street, Arlington, Virginia

Course • Scenic, mostly flat course on Washington & Old Dominion Trail from Bluemont Park towards Falls Church and back
Race Day • Packet pick-up Sunday, March 29, 9:00 AM - 9:45 AM, at Bluemont Park South Shelter
Post-race • Refreshments and picnic • Awards to 1st, 2nd, 3rd overall M/F and 1st, 2nd, 3rd by 10-year age-group M/F
Benefits • Friends of the W&OD Trail (www.wodfriends.org) and Falls Church-McLean Children’s Center (www.fcmilcc.org)
Open to all • Runners and walkers welcome. Enjoy a lovely day on the W&OD Trail! See displays about the W&OD
Directions • From U.S. Route 50 (Arlington Boulevard), turn north on Manchester Street to the end, then turn right into free parking at Bluemont Park
Sponsors • See www.safetyandhealthfoundation.org/wod or call 703-927-4833 (Jay) or write racedirector@att.net

Sponsor Opportunities:
Name Sponsor ($1000)
• your corporate name on all publicity above the race name
• your corporate LOGO on front of W&OD Trail 5K T-shirts
• listing on event website and in all event press releases
• insert in 150 runners’ goodie bags; display on race day

T-shirt Sponsor (Front) $500
• your corporate LOGO on front of W&OD Trail 5K T-shirts
• listing on event website and in all event press releases
• insert in 150 runners’ goodie bags; display on race day

T-shirt Sponsor (Back) $250
• your corporate LOGO on back of W&OD Trail 5K T-shirts
• listing on event website and in all event press releases
• insert in 150 runners’ goodie bags; display on race day

T-shirt Supporter (Back) $100
• your corporate NAME on back of W&OD Trail 5K T-shirts
• listing on event website and in all event press releases
• insert in 150 runners’ goodie bags; display on race day

Race-Day Exhibitor $50
• listing on website and press releases; display on race day

Please send this form to SHF, 611 South Ivy Street, Arlington VA 22204
Make checks payable to SHF or FoWOD

Enclosed is our donation: $[___] to Falls Church-McLean Children’s Center
$[___] to Safety And Health Foundation, Inc. $[___] to Friends of the W&OD Trail

□ AmEx □ Master □ Visa __________-________-________-________ Exp.Date ___-___
Name on card __________________________________________________________________________ Card Code _______ ___
□ I pledge in-kind support (e.g., printing t-shirts or refreshments)
□ Gift certificates from your store or business (e.g., four or more $25 certificates)