



Friends of the W&OD 10K

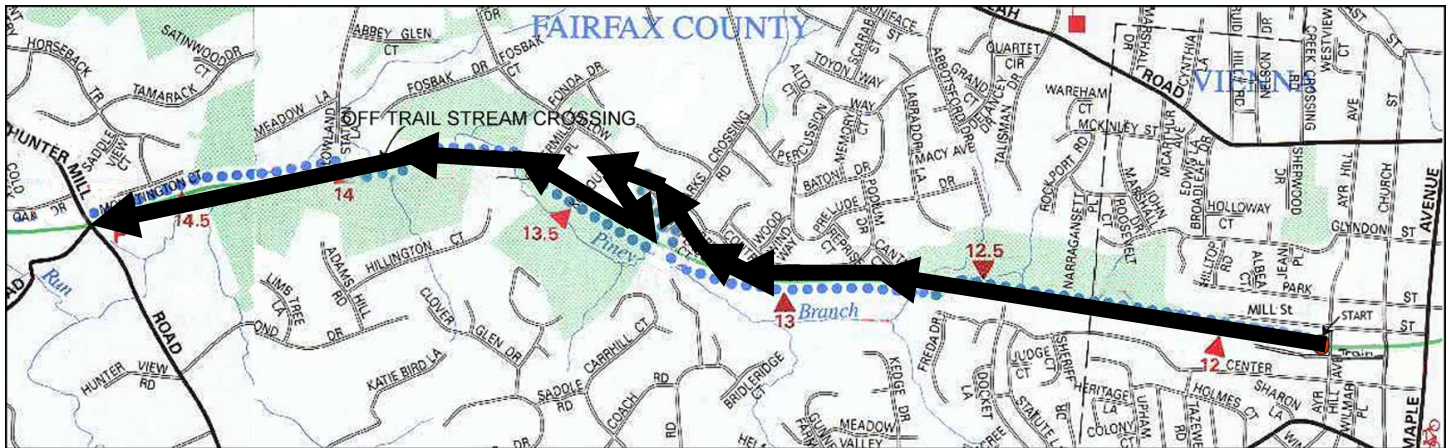
Saturday, July 28, 2012 – 6:30 pm
www.safetyandhealthfoundation.org/friends



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. 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; we recycle our race-day wastes; and we give away trees for your home garden. We hope today's **College of the Environment** inspires you. Come meet our exhibitors and sponsors:

- Whole Foods Market of Vienna, 143 Maple Ave East
- Transurban / Fluor Lane, building 495 Express Lanes
- BOWA (703-734-9050) Turning Houses Into Homes
- Positive Energy - Brian Rice (443-942-1855)
- Vibha Dream Mile 5K, Sunday, July 29, 2012, at 8:00 AM
- Road Runner Sports, Falls Church VA (703-237-3636)
- Pacers Running Store, Fairfax VA (703-537-0630)
- Georgetown Running Company, DC (202-337-8626)
- Trikke Virginia (703-348-7020)
- PowerBar Energy Blasts • Honest Tea
- Campbell's V-8 V-Fusion Wildberry Smoothie
- Northern Virginia Community College massage therapists
- Northern Virginia Regional Park Authority
- Virginia Native Plant Society Potowmack Chapter
- Potomac Appalachian Trail Club
- Fairfax County Park Authority Invasive Management Area
- Athleta Tyson's Corner (703-388-2870)
- Renewals by Anderson • Juice Plus+
- Girls Learn International • Wat-Aah Drinks
- Chiropractic Health and Wellness Center
- Jacob Rawlings, ING Financial Partners
- Antionette Ward, LegalShield
- Mario's Pizza House (703-525-0222 / 703-525-SUBS)
- Solar Emergency Rescue Vehicle Electric (SERVE)
- Hybrid Pedals, The Electric Bicycle Company
- Arlington Hypnotherapy visioning class Tuesday, July 31

COURSE MAP – Aid Stations at Clark's Crossing (1.5 And 4.5 Miles) and Hunter Mill Road (3.3 Miles)



Before and after the race, we gather at our **College of the Environment** near the red caboose at **Centennial Park** next to W&OD trail between Church Street and Ayr Hill Road. Before the race, please pick up 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 tear-off at the bottom or remove it – we pull those tags at the end to score the race. From 4:30 PM to 7:45 PM, we provide a designated child-care area with Frisbees and balls. At 6:15 pm, we move to the start line across Ayr Hill for introduction of dignitaries, National Anthem, pre-race instructions, baby-stroller start at 6:29 PM, and competitive start at 6:30 PM. During the race, please **stay on the right side** of the W&OD Trail so bicyclists and other users can enjoy the trail during the race. On the way outbound, turn **right** at the aid station at **Clarks Crossing**, turn **left** onto **Batten Hollow**, turn **around** at the fireplug, return to Clark's Crossing, and turn **right** back onto the W&OD Trail. At **Hunter Mill Road**, bear right onto the gravel, then turn **left** around the cones and run **straight back** on the paved W&OD Trail (no turn at Clark's Crossing). We begin awards at 7:30 pm, with post-race food from **Great Harvest Bakery, Honest Tea, Mario's Pizza House, PowerBar, Wat-Aah, and Whole Foods Market of Vienna**. We thank today's **volunteers** from DC Capital Striders, W&OD Trail Patrol, AIMS India Foundation, and High Cloud Foundation. We provide a designated area for child care. We offer special prizes to anyone who visits all of our exhibitors. Get your form checked off and return it to us by 7:45 PM for the special awards. See reverse.

Post-race, we welcome post-race comments to racedirector@att.net

We publish full results at www.safetyandhealthfoundation.org/20120728.html

Have fun, enjoy, be safe, and thank you for joining us!

Sincerely, *Safety And Health Foundation* and *Friends of the W&OD Trail*
Jay Jacob Wind, secretary

