



# Friends of the W&OD 10K

Saturday, July 27, 2013 – 6:30 pm  
[www.safetyandhealthfoundation.org/friends](http://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. We recycle, reduce, and re-use everything we can. 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. We award a special prize to everyone who visits all our 17 exhibitors. Please return this sheet to the registration desk for your prize.

Bib # \_\_\_\_\_ Name \_\_\_\_\_  
 I visited these exhibitors:

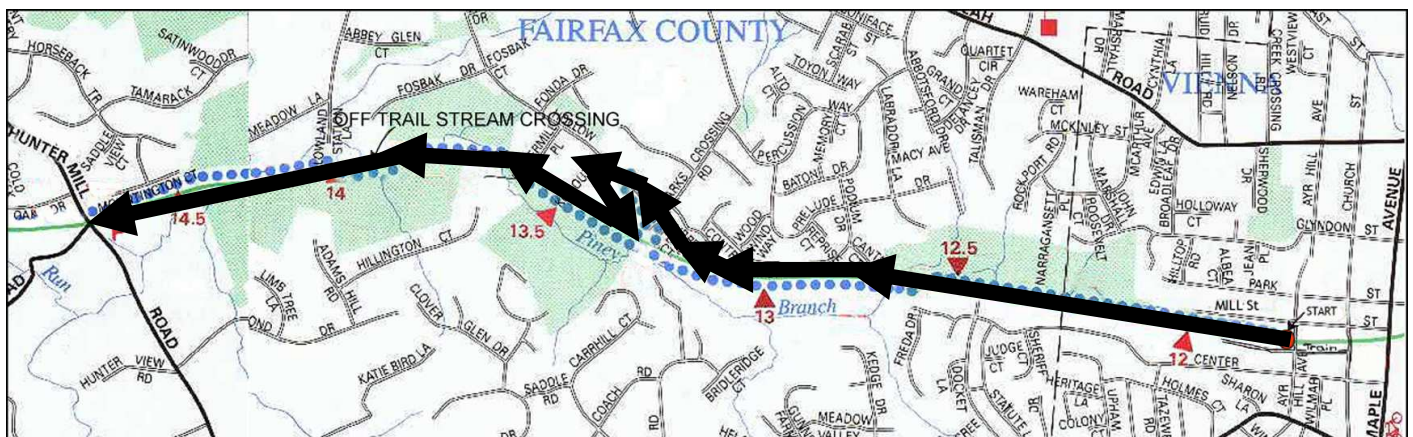
**Exhibitor Initials:**

- Ayr Hill Garden Club
- Athleta at Tysons Corner Center
- BOWA (703-734-9050), Transforming Houses into Homes
- David Guillaudeu, author, *Washington & Old Dominion Railroad*
- Fastsigns® Fairfax
- Historic Vienna Inc. at Freeman House (open till 8 PM)
- The Hope Center For Advanced Veterinary Medicine
- ING Financial Partners, Inc. - Heather May
- Jack Taylor Toyota – visit their 2013 Toyota Prius
- Juice Plus+
- Friends of W&OD Trail
- Northern Virginia Regional Park Authority
- Meadowlark Botanical Gardens
- Potomac Appalachian Trail Club
- Shelter Box
- Transurban, building I-495 Express Lanes
- The Women's Center, Vienna

**Sponsors:**

- **Virginia Hospital Center**  
 We thank Virginia Hospital Center for their support and generous donation to this year's Friends of the W&OD 10k. The hospital was recently named one of the 100 top hospitals in America, and we're proud and lucky to have them here in our own backyard.
- **JK Enterprise Landscape Supply (703-352-1858)**
- **Georgetown Running Company, DC (202-337-8626)**
- **PowerBar Energy Blasts**
- **Great Harvest Bread Co.**
- **Hybrid Pedals, The Electric Bicycle Company**
- **Mario's Pizza House (703-525-0222 / 703-525-SUBS)**
- **More Foundation Group**
- **Road Runner Sports, Falls Church VA (703-237-3636)**
- **Sport Science™ >**
- **W&OD Trail Patrol**
- **Whole Foods Market of Vienna, 143 Maple Ave East**

**COURSE MAP**



The race starts and finishes on W&OD Trail 30 meters west of Ayr Hill Road. During the race, please **stay on the right side** of 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** (1.5 miles), turn **left** onto **Batten Hollow** but **stay right**, turn **around left** at the fireplug and stay right, turn right and stay right to return to Clarks Crossing, and turn **right** back onto W&OD Trail. At the aid station at **Hunter Mill Road** (3.3 miles), bear right onto the gravel path, then turn **left** around the cones and run **straight back** on the paved W&OD Trail, with no turn at the aid station at Clarks Crossing (4.5 miles).

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

## Before and after the race:

- Pre-race goodie bag assembly is Friday, July 26, 2:00-3:00 PM, at Road Runner Sports, 1120 West Broad Street, Falls Church  
Your services are urgently requested. Please join us on Friday at 2:00 PM to help assemble goodie bags and bib numbers
- Pre-race packet pickup is Friday, July 26, 3:00-6:00 PM, at Road Runner Sports
- On Saturday, July 27, race day, College of the Environment exhibitors arrive about 4:00 PM to be set up by 4:15 PM
- On-site packet pick-up and race-day registration are 4:15 PM to 6:15 PM in front of the old red caboose next to W&OD trail at Centennial Park, 131 Church Street NE, Vienna VA, across Church Street from Historic Vienna Inc. at Freeman House.
- Our 7<sup>th</sup> annual **College of the Environment** with 16 exhibitors in **Centennial Park** between Church Street and Ayr Hill Road, plus Freeman House across Church Street, are open 4:15 PM to 8:00 PM.  
..... Win a prize by collecting signatures at all 17 exhibitors! Please return your form to the awards table by 7:45 PM.
- At packet pick-up, get 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 as a backup to electronic timing.
- At 6:15 PM, we move to the start line across Ayr Hill to introduce our dignitaries, including U.S. Senator Mark Warner, Virginia State Senator Chap Petersen, and W&OD Trail Adopters Loretta & Mike Paruti.  
We play the National Anthem, give pre-race instructions, start baby-strollers at 6:29 PM, and start runners at 6:30 PM.
- When you finish, enjoy post-race refreshments from **Great Harvest Bakery, Mario's Pizza House, PowerBar, and Whole Foods Market of Vienna.**
- We begin presenting awards at 7:45 PM, including cash prizes of \$250, \$150, and \$100 for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> male/female overall, and gift certificates from Falls Road Running Store, Georgetown Running Company, Northern Virginia Regional Park Authority, and Road Runner Sports; maple tree seedlings; and RedStar WorldWear sunglasses to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> male/female in age groups 9 & under, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80 & over.
- Post-race, we recycle everything and make the campground cleaner than we found it. Please recycle everything in our bins,
- We thank today's **volunteers** from Bechtel Corporation, DC Capital Striders, and W&OD Trail Patrol; and we thank College of the Environment leaders Karla McDuffie and Kenneth Trinh; Friends of the W&OD president Roger Neighborgall and other FoWOD directors, and Karl Mohle and his team from Northern Virginia Regional Park Authority.
- Post-race, we welcome comments and photos on our Facebook page [www.facebook.com/groups/FriendsOfTheWOD10K](http://www.facebook.com/groups/FriendsOfTheWOD10K) or to [racedirector@att.net](mailto:racedirector@att.net)
- We publish full results at [www.safetyandhealthfoundation.org/20130727.html](http://www.safetyandhealthfoundation.org/20130727.html)
- Have fun, enjoy, be safe, and thank you for joining us!

- **Forever Green Recycling** will have a van on-site to accept your electronic wastes:

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| • Aircraft instrumentation, gyroscopes   | • Hubs  | • Radar & sonar equipment                                  |
| • Amplifiers, receiver-transmitters, oscillators, frequency control indicators | • Hybrid Scrap                                      | • Radio equipment, transponders                            |
| • Auto starters & alternators  | • Insulated cable, wire harnesses, cable assemblies | • Relays   |
| • Batteries (dry and wet cell)   | • Integrated Circuits/Semiconductors                | • Routers  |
| • Cable boxes (analog and digital)   | • Keyboards   | • Scanners   |
| • Cell phones & telephone sets   | • Laptops   | • Servers  |
| • Cell phone batteries and accessories   | • Mainframe computer equipment (ADPE)               | • Silicone Wafers  |
| • CD (Compact Disk)  | • Modems  | • Solder Dross   |
| • Computers  | • Monitors CRT & LCD                                | • Spark Plugs  |
| • Connectors (Cannon, Amp, etc.)   | • Mouse(s)  | • Tape drives  |
| • Copiers  | • Naval Electronics                                 | • Telecommunications equipment                             |
| • Copper & aluminum radiators  | • PC CPUs – desktop, laptop & tower                 | • Telephones   |
| • Copper Anodes  | • Plated Carrier Strips                             | • Test equipment, oscilloscopes, meters, digital analyzers |
| • Desktops   | • Plated Parts                                      | • Thick/Thin film Materials/ Ceramic                       |
| • DVD (Digital Video/Versatile Disk)   | • Power supplies                                    | • Tin Anodes   |
| • Electric meters & gas meters   | • Power transmission switchgear                     | • Toner Cartridges   |
| • Electric motors  | • Printed Circuit boards                            | • UPS systems  |
| • Hard drives, floppy drives, CD ROM destruction via shredding                 | • Printers  | • Video Tapes  |
|  | • Print Cartridges                                  | • Waveguide assemblies                                     |
|  | • Projection equipment                              |  |

- Repurpose your old (used but not abused) athletic shoes. Bring them to our collection point at College of the Environment for More Foundation Group's shoe-recycling program ([www.morefoundationgroup.org](http://www.morefoundationgroup.org)) (formerly Perpetual Prosperity Pumps Foundation)



MORE FOUNDATION GROUP