

W&OD 10K
Saturday, August 5, 2017 – 6:00 PM
www.safetyandhealthfoundation.org/friends

www.wodfriends.org

ACE Physical Therapy & Sports Medicine Institute, 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; and we recycle all our race-day wastes.

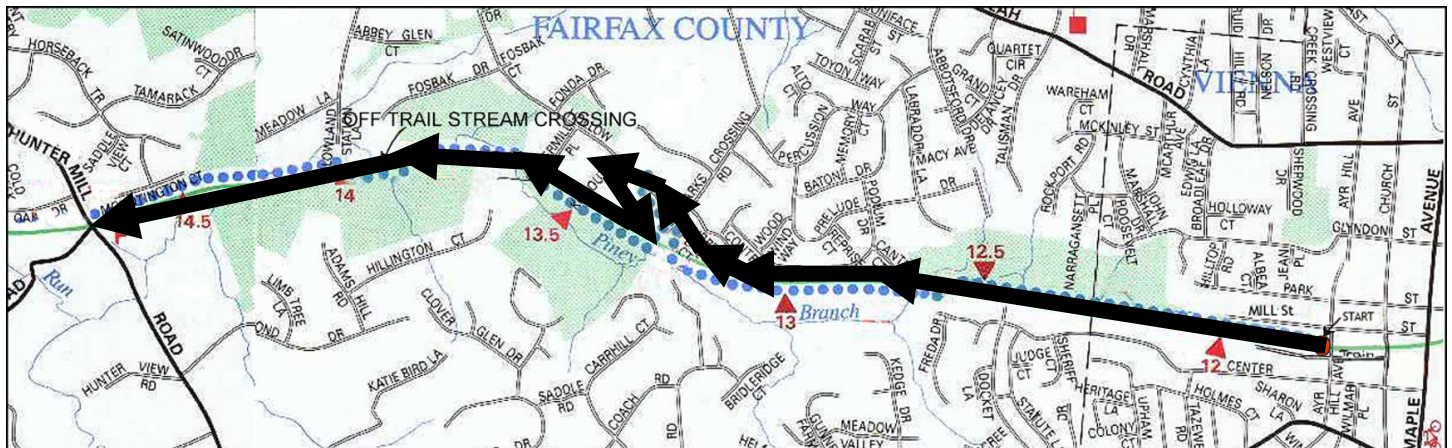
We hope today's College of the Environment inspires you. If you visit ALL of our exhibitors, you win a special prize! Please return this sheet to the registration desk for your prize at the awards presentation.

I visited these exhibitors: Bib # _____ Name _____

Exhibitor Initials:

- | | |
|--|---|
| <input type="checkbox"/> ACE Physical Therapy & Sports Medicine Institute | <input type="checkbox"/> Passanante's Home Food Services |
| <input type="checkbox"/> Altis Endurance Sports | <input type="checkbox"/> Potomac Appalachian Trail Club |
| <input type="checkbox"/> Erick A. Giovannini Camino, New York Life Insurance Co. | <input type="checkbox"/> Potomac River Running Store =PR= |
| <input type="checkbox"/> Freeman Store and Museum of Historic Vienna | <input type="checkbox"/> Renewal by Anderson |
| <input type="checkbox"/> Frufetti (frozen fruit & ice cream truck) | <input type="checkbox"/> SunTrust Mortgage Inc. |
| <input type="checkbox"/> Meadowlark Botanical Gardens | <input type="checkbox"/> Velofix Northern Virginia |
| <input type="checkbox"/> Northern Virginia Regional Park Authority | <input type="checkbox"/> The Women's Center (of Vienna) |

COURSE MAP



We thank ACE Physical Therapy and DC Capital Striders for staffing registration and assisting at our aid stations.

- The race starts and finishes on W&OD Trail at the third stripe 30 meters west of Ayr Hill Road.
- On W&OD Trail, please **stay on the right side** so bicyclists and other users can enjoy the trail during the race.
- On the way out, at 1.5 miles, turn **right** at aid station at Clarks Crossing, run through the small parking lot, turn **left** onto Batten Hollow but stay **right**, turn **around left** at the fireplug near Kohoutek Court and stay **right**.
- When you return to Clarks Crossing, turn **right** and stay right, then pass the aid station and turn **right** back onto W&OD Trail.
- At the aid station at Hunter Mill Road (3.3 miles), bear **right** onto the unpaved 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,

Jay Jacob Wind

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

- **PRE-RACE:** Your services are urgently requested. Please join us to help us at packet assembly and packet pick-up
- **Friday, August 4,** **3:00 PM to 4:00 PM** – Goodie Bag assembly
4:00 PM to 6:00 PM – Packet pick-up at **ACE Physical Therapy and Sports Medicine Institute,**
2841 Hartland Road #401B, Falls Church VA 22043 (703-205-1233)
one block east of Gallows Road, one block north of Lee Highway

RACE-DAY:

- On race day, Saturday, August 5, **College of the Environment** exhibitors arrive about 4:00 PM
Come early if you want to help an exhibitor to set up
- On-site packet pick-up and race-day registration are **open 4:15 PM to 5:45 PM** in front of 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 11th annual College of the Environment with 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. Come meet our exhibitors and sponsors
- We present a **special award** to everyone who **visits all** our exhibitors and gets each exhibitor's initials on your form.
Please return your form to the awards table by 7:15 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 THRU THE NAME TAG** and don't remove it – we **pull name tags** at the end to score the race – **PLEASE DON'T REMOVE YOUR NAME TAG!**
- At **5:30 PM**, Ace Physical Therapy presents a **pre-race warm-up** in front of the old Vienna train station. Come join us!
- At **5:45 PM**, we move to the start line across Ayr Hill to introduce our dignitaries including Virginia State Senator Chap Petersen, who has run our race every year, all **Adopt-A-Trail members** on hand, and our official starter, Dr. Mike Ercole of ACE-PT
- At **5:55 PM**, we play the National Anthem and give pre-race instructions
- At **5:59 PM**, we start baby-strollers, and at **6:00 PM**, we start runners
- After you finish, enjoy **post-race refreshments**
from Mario's Pizza House, Great Harvest Bakery, and Whole Foods Market of Vienna
- At **7:15 PM**, we present awards, including \$250, \$150, and \$100 checks for 1st, 2nd, and 3rd male/female overall, and gifts from Great American Restaurants, Metro 29 Diner, Northern Virginia Regional Park Authority, Potomac River Running Store, Whole Foods Market, and other sponsors for age-group winners
- Post-race, we **recycle everything** and make the campground cleaner than we found it. Please recycle everything in our bins
- Repurpose your used (but not abused) athletic shoes. Bring them to our collection point at College of the Environment for More Foundation Group's recycling (www.morefoundationgroup.org) (formerly Perpetual Prosperity Pumps Foundation)
- Portable toilets are west of Old Vienna Station at Ayr Hill Road and at Hunter Mill Road
- **PLEASE DO NOT PARK AT VIENNA ASSEMBLY OF GOD CHURCH PARKING LOT**

We thank our volunteers from **ACE Physical Therapy, DC Capital Striders, and W&OD Trail Patrol**; our College of the Environment leader **Liza Recto**; Friends of the W&OD president **Pat Turner** and other FoWOD directors and Trail Patrol members; **Andy Kaganowich, Karl Mohle, Doranne Pittz**, and others from **Northern Virginia Regional Park Authority**, and our sponsors:

- **ACE Physical Therapy and Sports Medicine Institute,**
leading pre-race warm-up at 5:30 PM and pre-race / post-race musculo-skeletal evaluations
- **Caboose Brewing Company (visit 520 Mill Street NE after the race!)**
- **Dr. Kallas Dental Center**
- **Erick A. Giovannini Camino, New York Life Insurance Co.**
- **FastSigns of Fairfax**
- **Frufetti (frozen fruit & ice cream truck)**
- **Great American Restaurants**
- **Great Harvest Bakery**
- **Honest Tea ® & Honest Sport ™**
- **Mario's Pizza House**
- **Metro 29 Diner**
- **Passanante's Home Food Services**
- **Potomac River Running Store =PR=**
- **Renewal by Anderson**
- **Sport Science > ®**
- **SunTrust Mortgage Inc.**
- **Velofix Northern Virginia**
- **Whole Foods Market of Vienna**

POST-RACE

- Post-race, we welcome comments and photos
on our Facebook page www.facebook.com/groups/FriendsOfTheWOD10K
or by e-mail to racedirector@att.net
- We publish full results at www.safetyandhealthfoundation.org/20170805.html
- Have fun, enjoy, be safe, and thank you for joining us!

Sincerely,

Jay Jacob Wind

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Secretary, Friends of the W&OD Trail
Director, Safety And Health Foundation