

For immediate release November 16, 2017 -- For more information, please call Emily Carnes, Arlington South Lions Club, 703-536-6939, ecarnes@comcast.net (subject Christmas Tree 5K) Jay Jacob Wind, Safety And Health Foundation, 703-927-4833, racedirector@att.net (subject Christmas Tree 5K) or see www.safetyandhealthfoundation.org/christmastree

Arlington South Lions Club announces first ACE Physical Therapy & Sports Medicine Institute Christmas Tree 5K

(Arlington VA) **Arlington South Lions Club** (www.e-clubhouse.org/sites/arlington) today announced its inaugural **ACE Physical Therapy & Sports Medicine Institute** (www.ace-pt.org) Christmas Tree 5K Run / Walk, to be held on the historic Washington & Old Dominion Trail on Sunday, December 3, 2017, starting at 11:00 AM at the new greenspace at Glencarlyn Park, 4955 Columbia Pike, Arlington VA 22204, running north to Bluemont Park and back.

Registration is now open at www.safetyandhealthfoundation.org/christmastree. The early bird price is \$25, going up to \$30 on December 1 and \$40 on race day.

The event benefits **Old Dominion Eye Foundation (ODEF)** (www.odef.org), which provides quality human eye tissue for sight restoration through promotion of eye-donor awareness and care of donors, recipients, and their families. Serving the Commonwealth of Virginia with offices in Manassas, Richmond, and Roanoke, ODEF is accredited through Eye Bank Association of America.

Sponsoring the race is **Lions Eyeglass Recycling Center of Northern Virginia (LERC of NOVA)** (www.valions.org/egrc), which takes donated eyeglasses, cleaned and polished, and redistributes them to domestic and international missions. You may bring used or new prescription eyeglasses or diopter eyeglasses to the race or donate directly to LERC of NOVA.

Professionally timing the race is **Safety And Health Foundation** (www.SafetyAndHealthFoundation.org), director of Potomac River Run Marathon and many other races each year.

The course is utterly flat and totally scenic, on the historic W&OD Trail (www.novaparks.com/parks/washington-and-old-dominion-railroad-regional-park).

Pre-race packet pick-up and late registration is Saturday, December 2, 3:00 PM to 5:00 PM, at **Pacers Running Store**, 3100 Clarendon Boulevard, Arlington VA 22201 (703-248-6883, www.runpacers.com).

Race-day packet pick-up and registration is Sunday, December 3, 10:15 AM to 10:45 AM on-site at **Glencarlyn Park**, 4955 Columbia Pike, Arlington VA 22204. Parking is free at surrounding shopping centers near the park. **Café Sazon** (4704 Columbia Pike, Arlington VA) is open nearby to provide toilet facilities. Post-race refreshments including Gatorade, bananas, energy bars, and cookies provided courtesy of sponsors, plus a quick nutritional pick-me-up smoothie, blended on-site by **Bobbi Walker-Foley Isogenics** (bobbiewalkerfoley@gmail.com, 540-359-2344, www.bobbifoley.isagenix.com).

Every participant receives a re-usable shoulder bag from **ACE Physical Therapy** (www.ace-pt.org), a custom-designed W&OD Trail water bottle from **Northern Virginia Regional Parks Authority** (www.novaparks.com), a colorful high-tech t-shirt from Sport Science>® (www.sportsciencewear.com), and a coupon for \$5.00 off purchase of a Christmas tree from **Arlington South Lions Club**.

Awards go to 1st, 2nd, and 3rd male and female overall and 1st, 2nd, and 3rd male and female 12 & under, 13-19, and then 10-year age-group, plus active-duty military. Awards include gift certificates from Café Sazon (www.facebook.com/Cafe-Sazon-127712233951937) and **Cassiel's Hair Salon** (www.superpages.com/bp/arlington-va/cassiels-hair-salon-L2038280017.htm) and high-tech backpacks from **VRYPAC** (vrypac.squarespace.com).

The race introduces a service new to the DC area – for the first time in the DC area, the race provides pre-race **Canine Companions®** dogs (and one cat) for petting you, entertain you, and be loved by you. Therapy dogs were introduced at this year's 2017 New York City Marathon, where hundreds of participants enjoyed the love of a dozen happy, charming dogs to calm pre-race jitters. **Canine Companions for Independence®** (www.cci.org) provides expertly-trained service dogs to persons with many kinds of disabilities.

Up through December 24, Arlington South Lions Club sells Christmas trees to raise funds, with 100% of the proceeds going to charities. Worldwide, Lions Clubs meet the needs of local communities and the world every day because they share a core belief - to serve their community. Lions Clubs International is the world's largest service club organization with more than 1.4 million members in approximately 46,000 clubs in more than 200 countries and geographical areas around the world.

Race director **Emily Carnes** said, "The Lions invite runners and walkers of all ages and abilities to enjoy a lovely day on the W&OD Trail and see on-site historical displays about the W&OD Trail before and after the race. **American Legion Post 139** at 3445 Washington Boulevard, Arlington VA 22201 (703-524-1396) has graciously offered to host our Christmas Trees Sales for 2017. We look forward to seeing you there."