



W&OD 10K
Saturday, July 27, 2019 – 6:00 PM
www.safetyandhealthfoundation.org/friends

ACE Physical Therapy & Sports Medicine Institute, Safety And Health Foundation, and Friends of the W&OD Trail welcome you to the 13th annual W&OD 10K, DC area's only 100% **GREEN** race, at Centennial Park, 131 Church Street NE, Vienna VA. As stewards of our environment on the longest park in Northern Virginia, 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 re-use, reduce, and recycle all our race-day wastes.



We conduct this race in memory of Sally Hamilton (left), longtime director of Friends of the W&OD, and Rachel Parkerson (right), who died suddenly on Saturday of hyperthermia while hiking the Billy Goat Trail near Carderock, where we often conduct races. We light memorial candles in their memory before the race

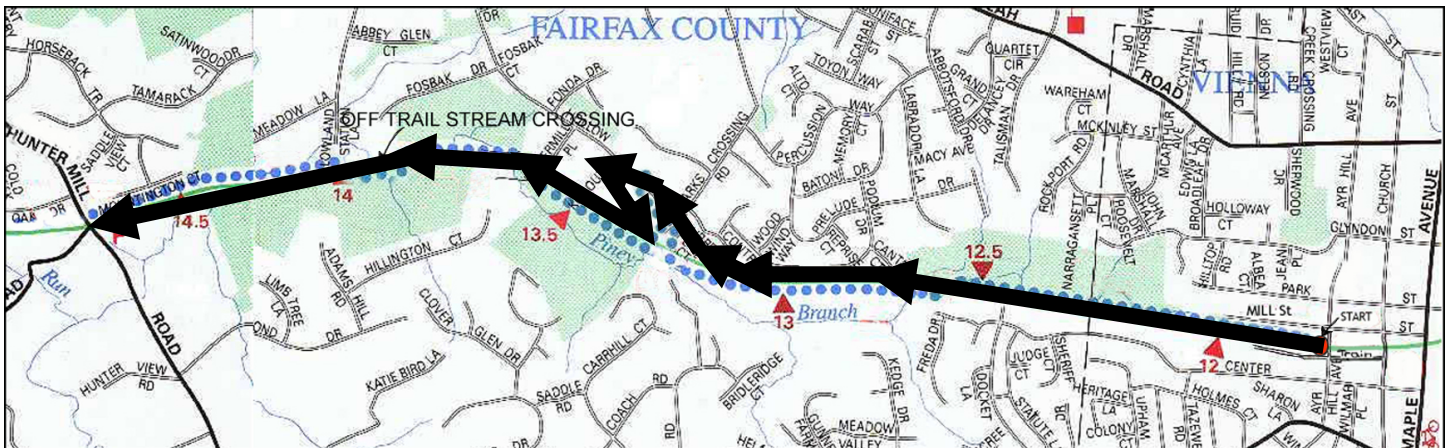


We hope today's **College of the Environment** inspires you. If you visit ALL of our exhibitors, you win a **special prize!** Please return this sheet to the registration desk for your prize at the awards presentation.

I saw these exhibitors: Your Bib # _____ Your Name _____
 Exhibitor Initials:

- 4:20 PM – Official welcome from **Jay Jacob Wind**, race director, and **Karl Mohle**, manager, W&OD Trail; and **James Scarborough**, master of ceremonies, Advanced Communicator Silver (ACS) awardee, Toastmasters International
- 4:30 PM – **Walt Cline**, coach of champions: "How to train to win"
- 5:00 PM – **Barbara Hildreth**, "Mother of the W&OD Trail": "The W&OD Trail: How it came to be"
- 5:30 PM – **Craig Chasse**, president, Potomac Valley Track Club: "How to warm up to win"
- Freeman Store and Museum of Historic Vienna (across Church Street) Lifetime Fitness
- Northern Virginia Regional Park Authority Ipsun Solar

COURSE MAP



- **Barbara Hildreth**, chaired W&OD Task Force and envisioned the creation of W&OD Trail more than 50 years ago
- Her community organizing work began 10 years before the first mile of W&OD Trail got paved in Falls Church
- Listen to her presentation "The W&OD Trail: How It Came To Be" and be prepared with questions
- We thank **Pat Turner**, president, Friends of the W&OD Trail, for staffing registration
- We thank **DC Capital Striders** for running 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 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)

- **Pre-race packet pickup:** Your services are urgently requested. Please join us to help us at packet assembly and packet pick-up
- **Friday, July 26,**
 - 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
- **On race day**, please do not park at Vienna Assembly of God church parking lot, as they have services on Saturday evenings
- Plenty of **additional free parking** is available near the start and on neighborhood streets
- On race day, Saturday, July 27, **College of the Environment** exhibitors arrive about 4:00 PM. Come early to help exhibitors set up
- Race-day **packet pick-up** and late registration are open on-site **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 13th 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 **see 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
- In the spirit of reduce, recycle, re-use, W&OD 10K was the first race in the DC area to use BOLT RFID electronic timing system now powered by www.Webscorer.com. Each bib number has a waterproof, friction-proof transparent plastic envelope stapled to the back. Inside the envelope is a BOLT electronic timing chip, plus a mailing label. BOLT electronic timing chips are not cheap, and we intend to re-use them over and over in various future races, so we request your cooperation
- **Please don't open the envelope** or detach the envelope, and please don't run a safety pin thru it, except if it comes loose, and if that happens, be sure to pin it only on thru the top, above the plastic zipper, not piercing the enclosed chip
- **Please wear your bib number clearly visible** on the front of your shirt or shorts so that we can easily see it when you finish. The staple keeps the plastic envelope secure on the back of your bib number. After you finish, please remove the envelope. It comes right off when you tug on the staple. Then please deposit it in the box provided after the finish line, close to Ayr Hill Road
- If you pick up your number at packet pick-up, but you don't run the race, please mail the plastic envelope back us, using the mailing label inside the envelope
- Please join our guest speakers at **4:30 PM** (Walt Cline), at **5:00 PM** (Barbara Hildreth), and **5:30 PM** (Craig Chasse)
- At **5:55 PM**, we play the National Anthem. At **5:59 PM**, we start baby-strollers. At **6:00 PM**, we start runners and walkers
- After you finish, enjoy **post-race refreshments** from **Great Harvest Bakery**, and **Whole Foods Market of Vienna**
- At **7:15 PM**, we present awards, including \$150, \$100, and \$50 checks for **1st, 2nd, and 3rd male/female overall**, and gifts from Caboose Brewery, Falls Road Running Store, Metro 29 Diner, Northern Virginia Regional Park Authority, and author-graphed copies of my book *The Man Who Stole The Sun* about running Marine Corps Marathon and much more, for **top 3 finishers M/F in 10-year age-groups** – you get to choose your award as we call your name for your award
- Post-race, we **recycle everything** and make the campground cleaner than we found it. Please recycle everything in our bins
- Do you have **extra safety pins** lying around your house and car? Please bring them, and we'll re-use them
- Do you have **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

We thank our volunteers from **DC Capital Striders** and **W&OD Trail Patrol**; College of the Environment dean **Matt Volkover**; Friends of the W&OD president **Pat Turner** and other FoWOD directors, **Trail Patrol** members; **David Garcia**, **Andy Kaganowich**, **Karl Mohle**, **Doranne Pittz**, and others from **Northern Virginia Regional Park Authority**, and our sponsors:

- ACE Physical Therapy & Sports Medicine Institute
- Caboose Brewing Company (visit 520 Mill Street NE after the race!)
- FastSigns of Fairfax
- Falls Road Running Store
- GloryAuthority, providing digital medals to every finisher
- Ipsun Solar (www.ipsunsolar.com)
- Great Harvest Bakery
- Northern Virginia Regional Park Authority
- Potomac River Running Store =PR=
- Simone Super Energy
- Sport Science >®
- Whole Foods Market of Vienna

- Post-race, we welcome your comments and photos on our Facebook page www.facebook.com/groups/FriendsOfTheWOD10K or via e-mail to racedirector@att.net
- We publish full results at www.safetyandhealthfoundation.org/20190727.html
- Have fun, enjoy, be safe, and thank you for joining us!



Scan this QR code for an instant link to www.safetyandhealthfoundation.org/friends

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