



Safety And Health Foundation
www.safetyandhealthfoundation.org



Saturday, August 14, 2021 – 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 to the 14th W&OD 10K, DC area’s only 100% **GREEN** race, the first race EVER at Vienna Town Green, 144 Maple Avenue East, Vienna VA, and the only race that will be conducted on the W&OD Trail for now.

As stewards of our environment on the longest park in Northern Virginia, we recycle, reduce, and re-use everything we can. We host a **College of the Environment** before and after the race with exhibitors and vendors. Exhibitors set up by on-site at 4:00 PM in time for **race-day packet pick-up and registration 4:30-5:45 PM** – \$30 race day for students, military, and members of Friends of the W&OD Trail, \$40 on race day for non-members, and you can join race day for \$20. Pick up your t-shirt by Karla McDuffie and bib number – bring your own safety pins if you have them, else we’ll supply them. Wear your bib number visibly on the front of your shirt, not covered, so we can see it at the finish line. We’ll use our tried-and-true Time Machine ® timing system staffed by Hugh Dobson and Abdelillah Razah.

Our goodie bags are not plastic – they are string bags that you can use for a long time. Our t-shirts are 100% cotton – a renewable resource, unlike other shirt nowadays made of polyester – and printed by LynnPro using a non-polluting fusion process rather than traditional screen printing. Our race-day environmental coordinator is Albert Nunez, Vice President of Capital Sun Group, an alternative energy company specialized in sales, installation, and service of medium- to large-scale commercial, industrial, governmental, and agricultural solar collectors. He will supervise the exhibitors and talk with you about solarizing your own home.

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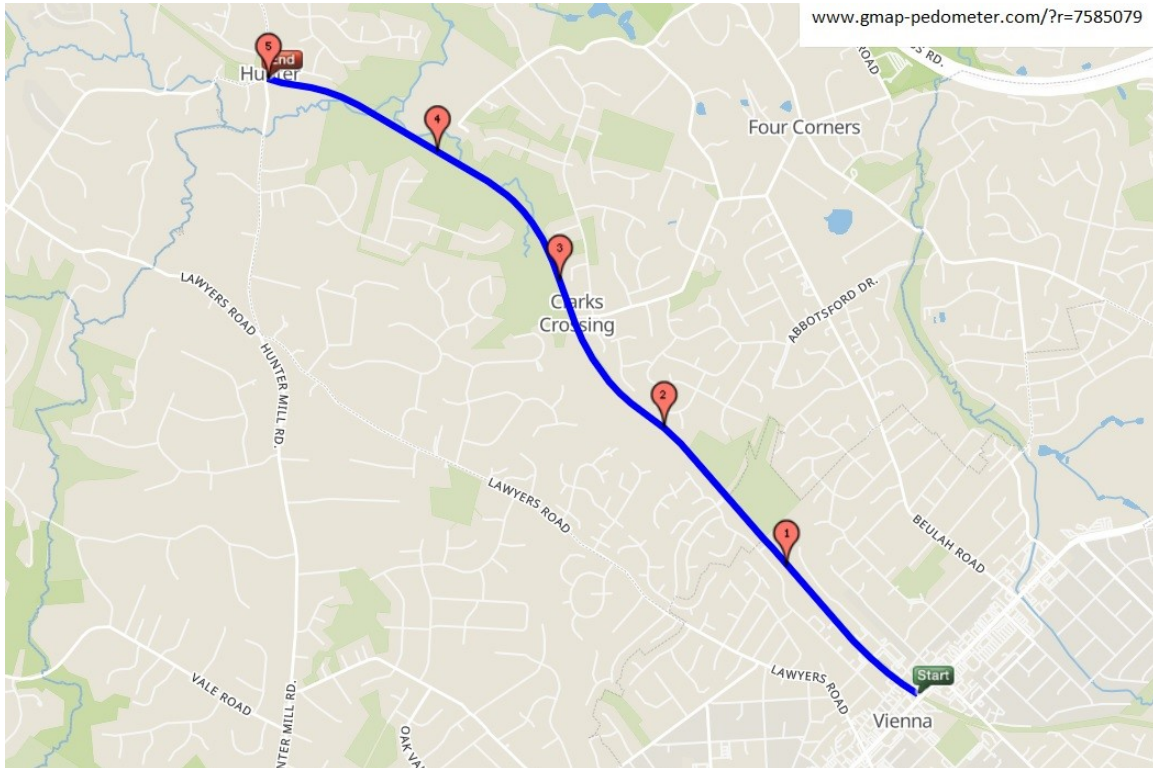
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COURSE MAP



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- The race starts and finishes on the **W&OD Trail near Maple Avenue**, goes out to **Hunter Mill Road** and back
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- Plenty of **additional free parking** is available near the start and on neighborhood streets
- At **5:55 PM**, we play the National Anthem. At **5:58 PM**, we provide final instructions. At **6:00 PM**, we start runners and walkers
- After you finish, enjoy **post-race refreshments** from **Great Harvest Bakery, Whole Foods Market of Vienna, and CarbBoom**
- At **7:15 PM**, we present awards, \$100 for 1st, \$75 for 2nd, \$50 for 3rd **male/female overall** gifts from Caboose Brewery, Glory Days Grill, 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
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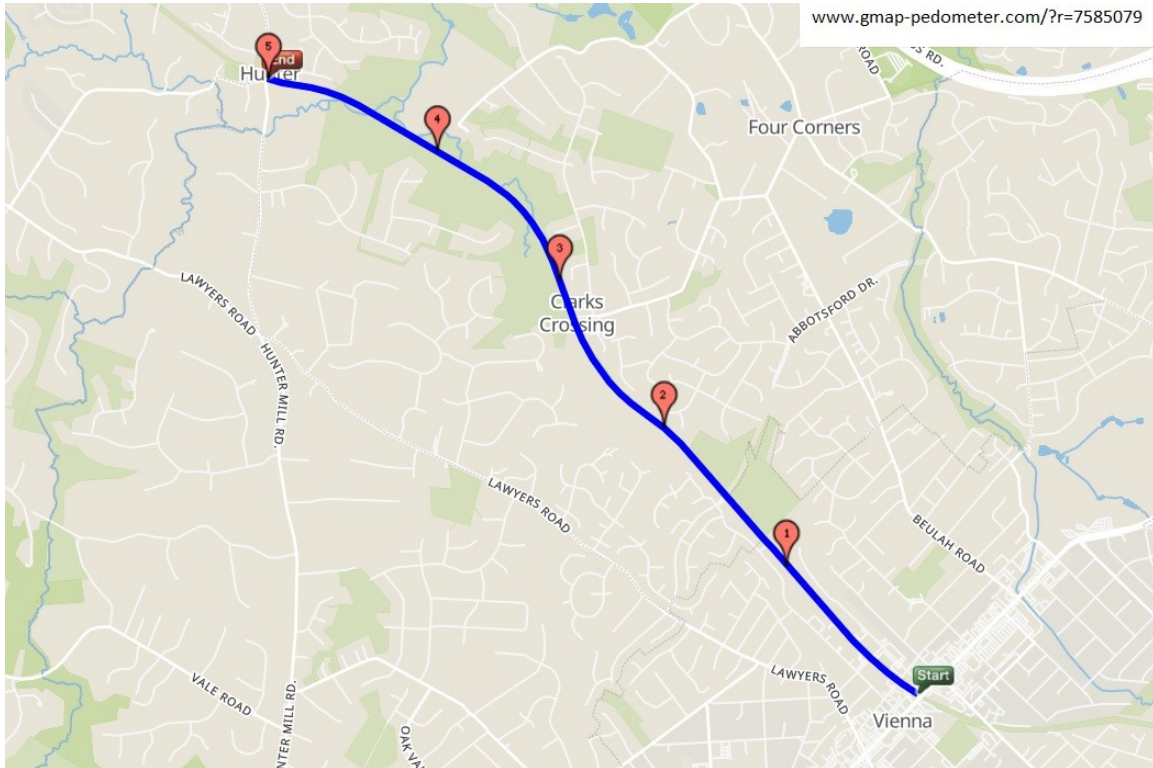
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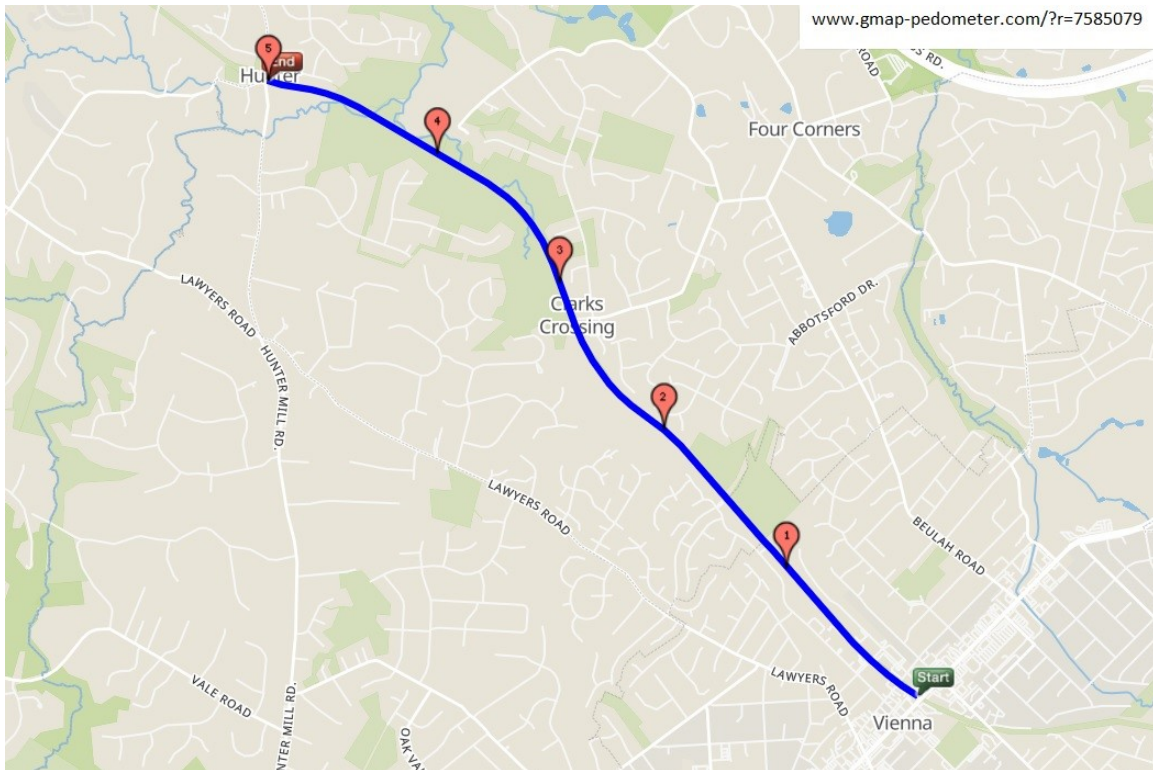
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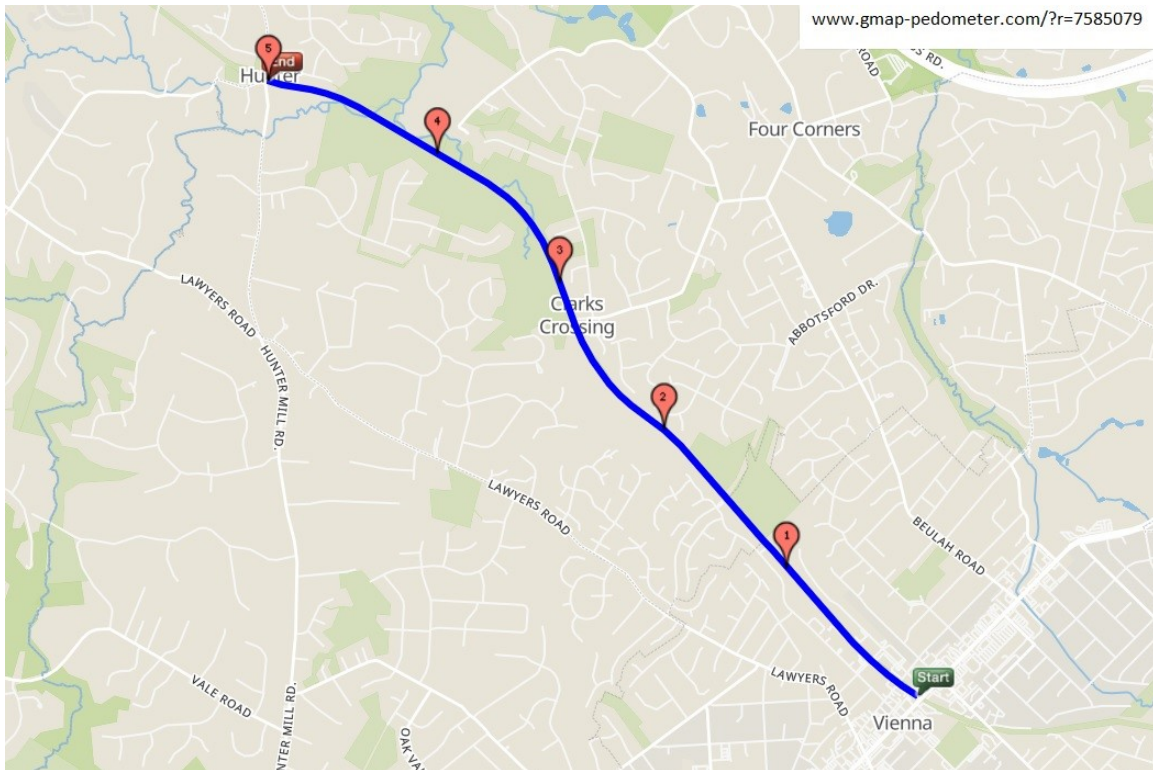
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Sincerely, Jay Jacob Wind, secretary, Friends of the W&OD Trail; director, Safety And Health Foundation



Safety And Health Foundation
www.safetyandhealthfoundation.org



Saturday, August 14, 2021 – 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 to the 14th W&OD 10K, DC area’s only 100% **GREEN** race, the first race EVER at Vienna Town Green, 144 Maple Avenue East, Vienna VA, and the only race that will be conducted on the W&OD Trail for now.

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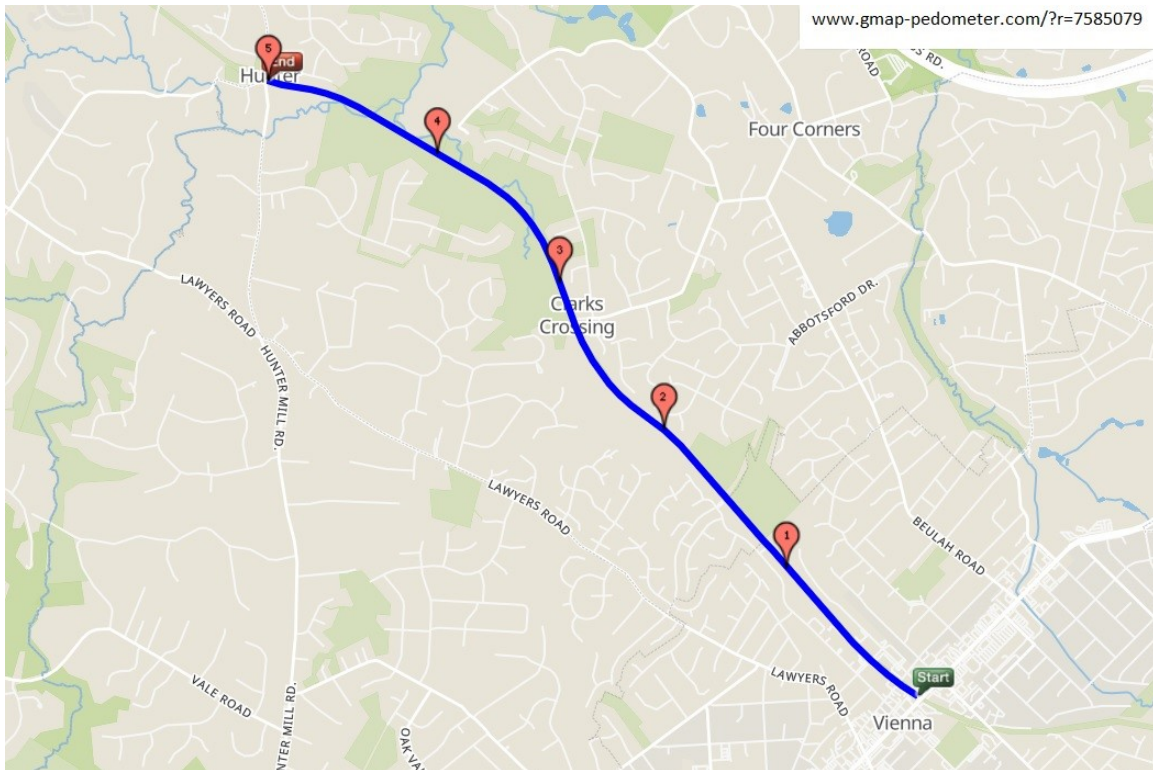
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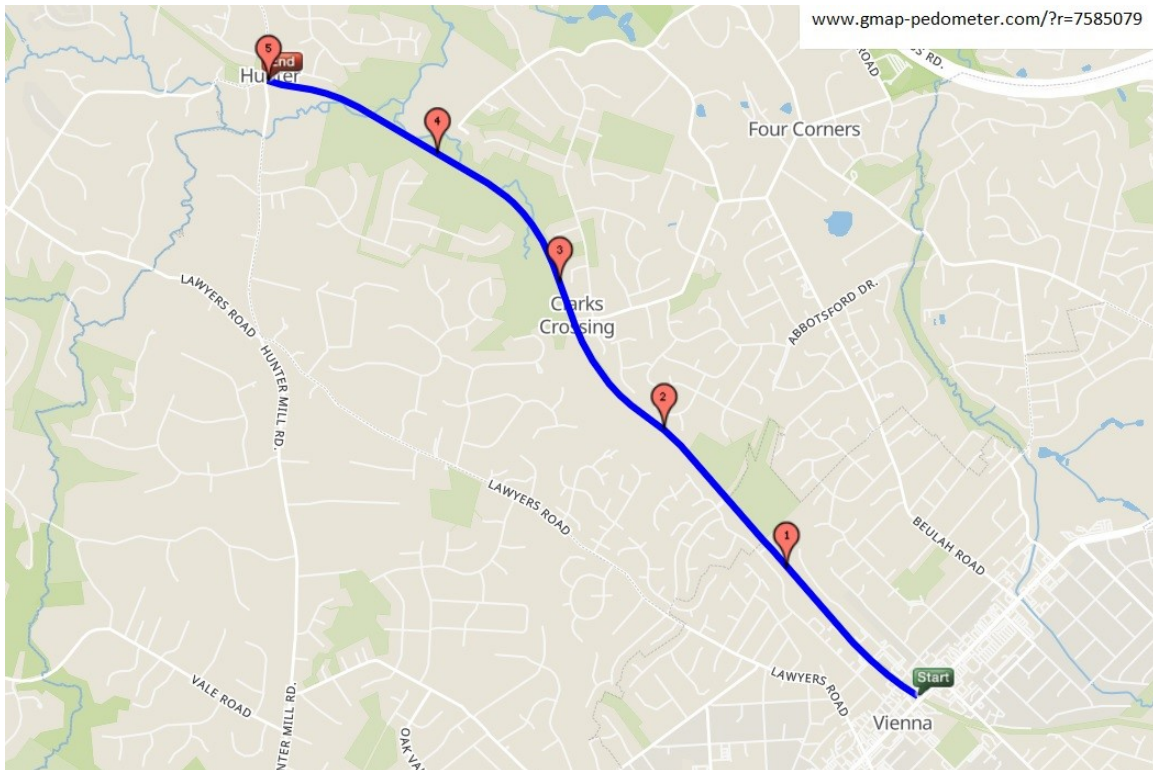
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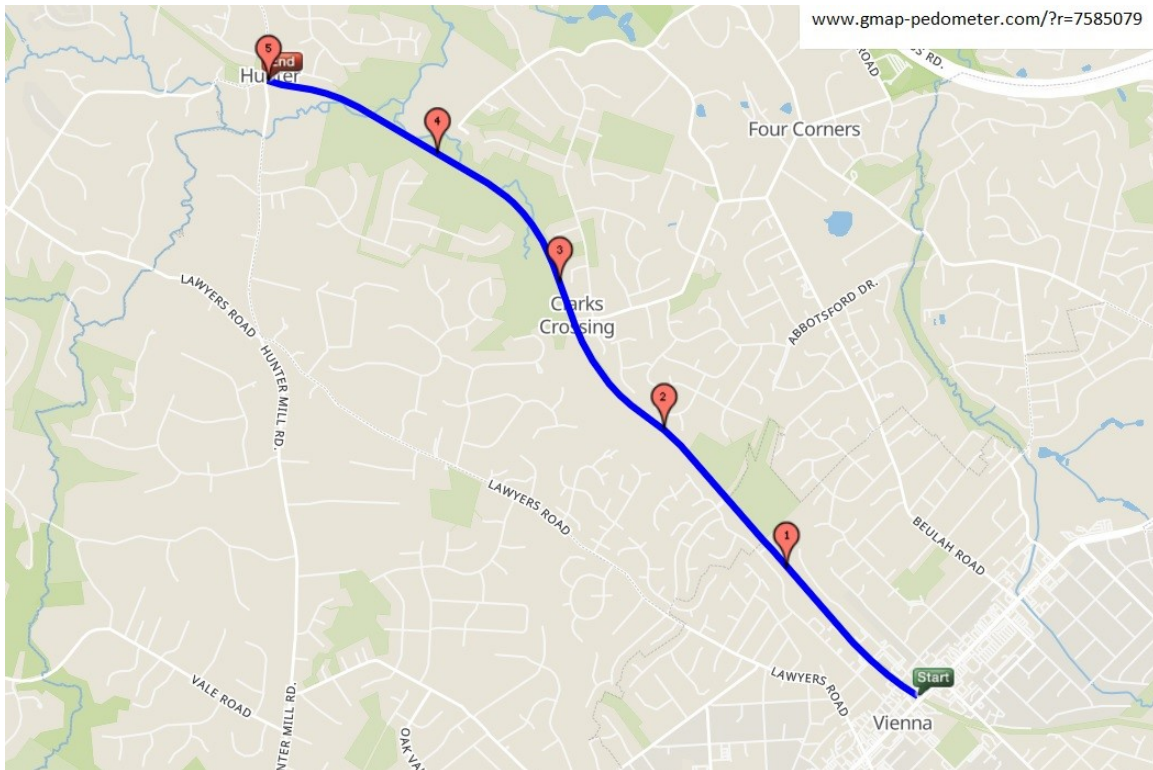
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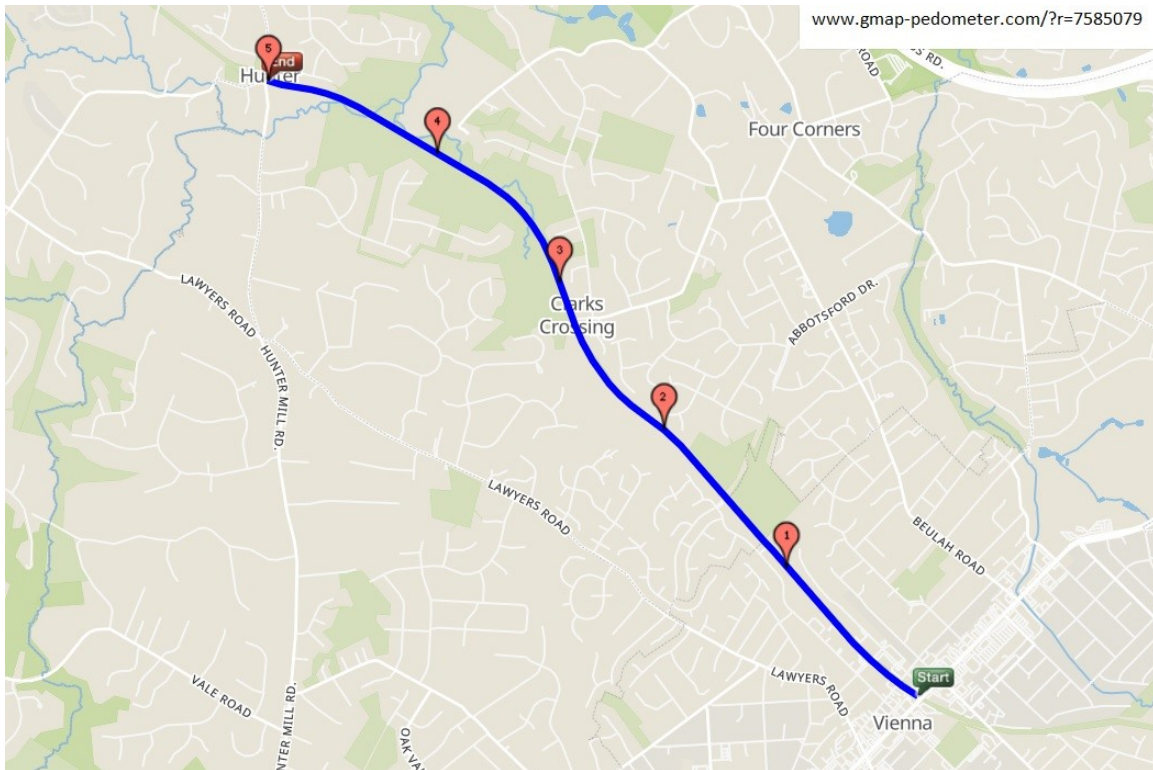
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Pre-race packet pickup: Your services are urgently requested. Please join us to help us at packet assembly and packet pick-up **Friday, August 13, 3:00 PM to 4:00 PM** – Goodie Bag assembly, **4:00 PM to 6:00 PM** – Packet pick-up at **ACE Physical Therapy and Sports Medicine Institute, 2841 Hartland Road #401B, Falls Church VA 22043 (703-205-1233)**

Jay Jacob Wind

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



Safety And Health Foundation
www.safetyandhealthfoundation.org



Saturday, August 14, 2021 – 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 to the 14th W&OD 10K, DC area’s only 100% **GREEN** race, the first race EVER at Vienna Town Green, 144 Maple Avenue East, Vienna VA, and the only race that will be conducted on the W&OD Trail for now.

As stewards of our environment on the longest park in Northern Virginia, we recycle, reduce, and re-use everything we can. We host a **College of the Environment** before and after the race with exhibitors and vendors. Exhibitors set up by on-site at 4:00 PM in time for **race-day packet pick-up and registration 4:30-5:45 PM** – \$30 race day for students, military, and members of Friends of the W&OD Trail, \$40 on race day for non-members, and you can join race day for \$20. Pick up your t-shirt by Karla McDuffie and bib number – bring your own safety pins if you have them, else we’ll supply them. Wear your bib number visibly on the front of your shirt, not covered, so we can see it at the finish line. We’ll use our tried-and-true Time Machine ® timing system staffed by Hugh Dobson and Abdelillah Razah.

Our goodie bags are not plastic – they are string bags that you can use for a long time. Our t-shirts are 100% cotton – a renewable resource, unlike other shirt nowadays made of polyester – and printed by LynnPro using a non-polluting fusion process rather than traditional screen printing. Our race-day environmental coordinator is Albert Nunez, Vice President of Capital Sun Group, an alternative energy company specialized in sales, installation, and service of medium- to large-scale commercial, industrial, governmental, and agricultural solar collectors. He will supervise the exhibitors and talk with you about solarizing your own home.

We re-use, reduce, and recycle all our race-day wastes. All our printing is two-sided on recycled paper, and you can see that our communications are primarily electronic. To the race, please bring your lightly-used shoes for re-cycling by Sneakers4funds.com, bring your cleaned used bottles (no tops) for off-site recycling at Arlington’s glass collection facility (most jurisdictions no longer offer glass collection as part of single-stream recycling), and bring crushed aluminum cans for shipment to Guy Distributing in Southern Maryland. We will have collection buckets for organic wastes like peels of bananas and tangerines donated by Whole Foods Market of Vienna and for paper wastes like the boxes of pizza donated by Paisano’s Pizza of Vienna – also Great Harvest Bakery of Vienna – and coffee cups donated by Caboose Brewing of Vienna.

At 5:00 PM before the race, we showcase local talent– Rick Landers, a director of Friends of the W&OD Trail, will sing and play original Songs for the Heartland – see www.ricklanders.com. We offer **CarbBoom** and **Simone Super Energy** before and after the race – look in your goodie bag for ordering information, also look for a \$5.00 coupon for the Belle Jar Company on-site or on-line and a flyer about my books and upcoming races.



We conduct this race in memory of Sally Hamilton (left), longtime director of Friends of the W&OD, and president of Fairfax 4 Horses. We light a memorial candle in her 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 visited these exhibitors: Your Bib # _____ Your Name _____

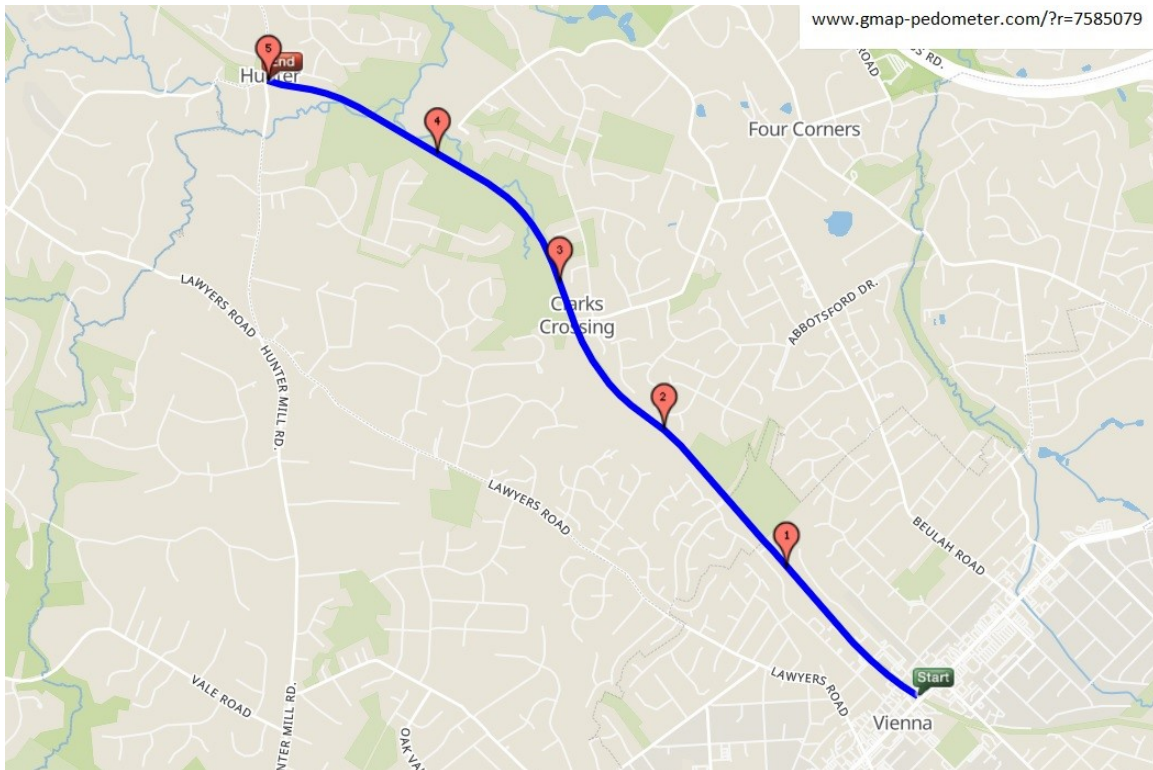
Exhibitor Initials:

- Belle Jar Company
- Curbing by Design
- Freeman Store and Museum of Historic Vienna (walk across Church Street)
- Jay Jacob Wind, author of “The Man Who Stole The Sun” and the forthcoming environmental thriller “The Heat Age” (\$10 a copy)
- LASARRUS Clinic and Research Center, LLC
- NOVA Parks roving naturalist Matt Felperin – meet the snakes and turtles!
- Old Dominion Racing Company
- Smell of Love Candles, LLC.



Scan this QR code for an instant link to the race web site

COURSE MAP



- We thank **Pat Turner**, president, Friends of the W&OD Trail, for staffing registration, with help from **Bersabe Catherine Haile Selassie Belay** (yes, she is the great-granddaughter of THAT Haile Selassie)
- We thank **DC Capital Striders** for our aid stations and **James Scarborough** and **Andy Kaganowich** for marking the course
- The race starts and finishes on the **W&OD Trail near Maple Avenue**, goes out to **Hunter Mill Road** and back
- No turn this year at Clark's Crossing – we thank recently-retired W&OD Trail Manager **Karl Mohle** for arranging that
- On W&OD Trail, **please stay on the right side** so bicyclists and other users can enjoy the trail during the race
- We have aid stations with **water** and **Gatorade** at **Clarks Crossing** and **Hunter Mill Road**
- At the aid station at **Hunter Mill Road (3.1 miles)**, bear right onto the unpaved gravel path, then **turn left around the cones and run straight back** on the paved W&OD Trail
- **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
- At **5:55 PM**, we play the National Anthem. At **5:58 PM**, we provide final instructions. At **6:00 PM**, we start runners and walkers
- After you finish, enjoy **post-race refreshments** from **Great Harvest Bakery**, **Whole Foods Market of Vienna**, and **CarbBoom**
- At **7:15 PM**, we present awards, \$100 for 1st, \$75 for 2nd, \$50 for 3rd **male/female overall** gifts from Caboose Brewery, Glory Days Grill, 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
- Portable toilets and pre-race bag check are at Vienna Town Green ○ We thank **ACE Health Foundation** for their support
- **COVID precautions – IF YOU ARE SYMPTOMATIC, STAY HOME. WE'LL MAIL YOUR T-SHIRT.**
If you are not vaccinated, be polite and wear a mask. In NOVA Parks, you are not permitted to go unmasked if you can be contagious – this virus is a public health emergency, and this virus will be with us for a long time. We promised NOVA Parks and Town of Vienna that we would take appropriate precautions.
- Post-race, we welcome your comments and photos via e-mail to **racedirector@att.net** or on our Facebook page **www.facebook.com/groups/FriendsOfTheWOD10K**
- We publish full results at **www.safetyandhealthfoundation.org/20210814.html**
- Have fun, enjoy, be safe, and thank you for joining us!

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