

In honor of Walter L. Mess,
 chairman emeritus of
 Northern Virginia Regional Park Authority

W&OD 5K

Sunday, March 27, 2011 - 4:00 PM

On W&OD Trail from Oak Street to Shreve Road to Little Falls Street and back

Start & finish at American Legion Lodge Post 130, 400 North Oak Street, Falls Church, Virginia

Sponsored by



www.wodfriends.org



Marathon
 Charity
 Cooperation

www.mc-coop.org

Enter early and save \$10 • Enter on-line at www.mc-coop.org/wod5k

- Course** • Scenic, mostly flat course on W&OD Trail from Oak Street to Shreve Road to Little Falls Street and back
- Pre-Race** • Packet pick-up Saturday, March 26, 2:00-5:30 PM at Road Runner Sports, 1120 West Broad Street, Falls Church, Virginia
 • Packet pick-up Sunday, March 27, 2:30-3:45 PM at American Legion Lodge Post 130, 400 North Oak Street
- Timing** • Lightweight IPICO shoe tags – get your tag at race-day packet pick-up – return it post-race
- Post-race** • Refreshments courtesy of sponsors • **Awards** to 1st, 2nd, 3rd overall M/F and 1st, 2nd, 3rd by 10-year age-group M/F
- Open to all** • Runners and walkers welcome. Enjoy a lovely day on the W&OD Trail! See displays about the W&OD before & after race
- Directions** • From US 29 (Lee Highway), north on Washington Blvd to 25th Street to Fairfax Drive to Lincoln Avenue, left on Oak Street.
 • From VA Route 7 (Leesburg Pike), turn northeast on Oak Street. Cross W&OD Trail. American Legion is on the right.
 • Parking is free
- Sponsors** • See www.mc-coop.org/wod5k or call 703-927-4833 or 703-819-7047 or write secretary@mc-coop.org
- Benefits** • [Friends of the W&OD](#) and [Marathon Charity Cooperation](#)

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Walter L. Mess W&OD 5K • REGISTRATION FORM

Make checks payable to MCC • 2776 South Arlington Mill Drive #246 • Arlington VA 22206

By entering this event, I agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run in competitive runs unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Northern Virginia Regional Park Authority, RRCA, USATF, Marathon Charity Cooperation, Friends of the W&OD Trail, and all sponsors, their directors, officers, employees, agents; representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I acknowledge that the application fee shall be non-refundable. I agree that the organizers of this event may use my name and likeness for publicity purposes.

Signature _____ (parent or guardian if under 18)

Name _____ Gender [] (M | F) Age on 3/27/2011 [] []

Address _____ Birthday _____ - _____ - _____ (mm-dd-yy)

City ST ZIP _____ Phone _____ - _____ - _____

E-mail _____ T-shirt [] (S | M | L | X)

Best 5K ____: ____ Where/When? _____ [] I will push a baby-stroller (start at 3:59 PM)

Enclosed is my entry fee. Please make your check payable to **MCC**.

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|-------------------------------------------------------|------------------------------------------------------|
| Adults | Students up to 12 th grade |
| [] \$30 by March 12, 2011 | [] \$20 by March 12, 2011 |
| [] \$35 by March 24, 2011 | [] \$25 by March 24, 2011 |
| [] \$40 on March 27, 2011 (race-day before 3:45 pm) | [] \$30 on March 27, 2011 (race-day before 3:45 pm) |
| [] Enclosed is an additional tax-deductible donation | \$____ to MCC \$____ to FoWOD |

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[] I want to join **Friends of the W&OD Trail**. Enclosed is [] \$20 Individual [] \$30 Family [] \$50 Contributor [] \$75 Sponsor
 (Please make a separate check payable to **FOWOD**)