



www.mc-coop.org

# Friends of the W&OD 10K (6.2 miles)

## Saturday, July 31 • 6:30 pm

On W&OD Trail at Old Vienna Station & Caboose  
From Ayr Hill to Hunter Mill Road & back in Vienna VA



www.wodfriends.org

Flat and fast course • The DC Area's Only Green Race • In memory of Sally Hamilton (1961-2009)

[www.mc-coop.org/friends](http://www.mc-coop.org/friends) ☎ 703-927-4833 📧 [events@mc-coop.org](mailto:events@mc-coop.org)

### Gift certificates

for top 3 in each 10-year age group • Limited to the first 250 entrants

- Awards to top 3 M/F 10-year
- Flat, fast, scenic course
- 3 water / aid stations
- Commemorative t-shirt
- Showcases a lovely park
- Directed by Marathon Charity Cooperation & Friends of the W&OD
- Post-race music -- refreshments sponsored by Whole Foods Market of Vienna
- The DC area's only GREEN race. We recycle, reduce, and reuse everything
- Benefits MCC's Marathon Charity Partners & Friends of the W&OD
- Friends of W&OD ([www.wodfriends.org](http://www.wodfriends.org)) • Finisher medals courtesy of DC FIT
- Friday, July 30, 3:00-6:00 pm: Late sign-up & packet pick-up at Pacers, 10427 North Street, Fairfax (703-537-0630)
- Saturday, July 31, 4:15-6:15 pm: Late sign-up & packet pick-up at our **College of the Environment GREEN UNIVERSITY™** outdoors at **Centennial Park**, near the old caboose, 131 Church St NE, Vienna VA  
Bring your **old shoes** for recycling, come learn from displays by environmental organizations and sponsors
- 4:15-8:00 pm -- Non-profit organizations display for **free**. Sponsors -- Call Roger Neighborgall (703-819-7047)  
Sponsors who donate **\$100+** get name (**\$250+** for logo) on t-shirt & website, plus display and goodie bag inserts
- Call 703-927-4833 or write [EVENTS@MC-COOP.ORG](mailto:EVENTS@MC-COOP.ORG) to exhibit at our GREEN UNIVERSITY™



Sponsored in 2009 by



Bikes @ Vienna  
Great Harvest Bread  
Jammin' Java Music Club

- 6:30 pm – Friends of the W&OD 10K –Run or walk -- Timed using lightweight environmentally-friendly IPICO tags
- 6:31 pm – Baby Stroller Division non-competitive 10K – see [www.helmets.org](http://www.helmets.org) for safety rules
- 7:30 pm – Awards presentation including gift certificates, plantings, and trees

Note: On the W&OD Trail, always stay to the right for safety. The trail is open to other users, including bicycles. Be courteous to others.

## FRIENDS OF THE W&OD 10K • 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 club activities 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 Marathon Charity Cooperation, Bikes @ Vienna, Fairfax County Virginia, Friends of the W&OD Trail, Green University LLC, Northern Virginia Regional Park Authority, Pacers Running Stores, Town of Vienna Virginia, USATF, Whole Foods Market, 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 sponsors of this event may use my name and likeness for publicity purposes.

Signature \_\_\_\_\_ (parent or guardian if under 18)

Name \_\_\_\_\_ Gender (M F)   Age as of 7/31/2009

Address \_\_\_\_\_ Birthdate \_\_\_\_ - \_\_\_\_ - \_\_\_\_ (mm-dd-yyyy)

City ST ZIP \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_ T-shirt (S M L X)  Baby Stroller Division?

### Enclosed is my entry fee:

Non-members _____	Members of <b>MCC</b> or its charity partners or <b>FoWOD</b> or sponsors _____
<input type="checkbox"/> \$25 by April 30	<input type="checkbox"/> \$15 by April 30
<input type="checkbox"/> \$30 by June 30	<input type="checkbox"/> \$20 by June 30
<input type="checkbox"/> \$35 by July 15	<input type="checkbox"/> \$25 by July 15
<input type="checkbox"/> \$40 by July 30 or at packet pick-up at Pacers of Fairfax	<input type="checkbox"/> \$30 by July 30 or at packet pick-up at Pacers of Fairfax
<input type="checkbox"/> \$50 by July 31 at packet pick-up at GREEN UNIVERSITY	<input type="checkbox"/> \$40 by July 31 or at packet pick-up at GREEN UNIVERSITY

I want to be a sponsor. Enclosed is a tax-deductible gift of \$ \_\_\_\_\_ to  **MCC**,  **Friends of the W&OD Trail**, or  **Green University**

I want to be an exhibitor. My exhibit features: \_\_\_\_\_

I want to join **Friends of the W&OD Trail**. Enclosed is  \$20 Individual  \$30 Family  \$50 Contributor  \$75 Sponsor (to FOWOD)

### I want to join Marathon Charity Cooperation -- For \$10, you get a \$10 discount on your entry fee for all MCC races.

Mission: Marathon Charity Cooperation is a non-profit corporation organized as a charitable and educational foundation for the benefit of the public both locally and globally. MCC's mission includes funding a cooperative of non-profit member-charities who both benefit from and contribute to the events hosted. Our events provide opportunities for personal and professional growth in addition to education of the public serving people of all ages.

I apply for 2010 membership in Marathon Charity Cooperation. Enclosed is my check for \$10 payable to **MCC**.