

Rotary Resolution 10K and 4K Health Walk

Monday, January 01, 2007, 10:25 AM

Ida Lee Park Recreation Center

60 Ida Lee Drive

Leesburg, VA 20176



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Date:

Monday, January 01, 2007

Time:

10:25 AM

Venue:

Ida Lee Park Recreation Center

Address:

60 Ida Lee Drive
Leesburg, VA 20176

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Brief Description:

Start the New Year on the right foot with a resolution to continue or renew your fitness. We have developed two wonderful cross country courses through Morven Park Estate, the former home of both a governor of Virginia and a governor of Maryland. Take your pick from a 10K competitive race or a 4K fun run/walk. In its tenth year this popular event has more than \$2,000 in random awards.

Fees:

\$35 for 10K on 1/1, \$28 for 4K

Online Registration Closes:

12/29/06 08:00 AM

Website:

<http://www.runningnetwork.com/eventcalendar.html>

Charity Beneficiaries

The 2007 Race profits will be distributed to: the Aurora Studio Theatre, Doctors Overseas Lending A Helping Hand, ECHO, Interfaith Relief, the Leesburg Rescue Squad, the Loudoun Free Clinic, the Loudoun Literacy Council and the Rotary Club of Leesburg Perry Winston Memorial Scholarship Fund.

George C. Marshal 10K Course & Awards

The 10K course takes participants through the rolling hills and pathways of Morven Park on 80% paved and gravel roads and 20% grass. In addition to overall and five-year age group winners, all runners receive a commemorative long sleeve t-shirt. Additional awards are given to the fastest Leesburg resident, the fastest Rotarian, the oldest and youngest participants,

and whoever travelled the farthest to get to the race. Random prizes will be offered during the awards ceremony.

John R. Diedrich 4K Fun Walk/Run

The walk/run will take participants to the Morven Park Mansion. This is an untimed fun event. We encourage those who resolve to get in shape in 2005 to prove the seriousness of their intent by participating in this event. Last year more than 200 people participated.

Packet Pickup/ Late Registration on 12/29

There is packet pickup and late registration in Ashburn for the convenience of the runners and walkers. On Friday, December 29 runners may get their bibs and t-shirts at the Potomac River Running store from 4 pm until 8 pm. Their address is 20630 Ashburn Road in Ashburn. For directions visit their Web site at Potomac River Running or call (703)729-0133.

Packet Pickup/Late Registration on 12/30

Pre-registered participants and late registrants can pick up their bib numbers and t-shirts at the offices of Smith Barney, 222 Catocin Circle, SE, Leesburg, VA on December 30 from 9 am to 2 pm. For directions please call (703)779-1916 and Carole Maloney will gladly assist you.

ChampionChip Timing and Scoring

Capital Running Co. is timing and scoring the 10K using the ChampionChip system. Runners tie a computer chip to their laces, which records the exact time of the start/finish, resulting in a net or chip time for each racer. The chip rental fee is included in the entry fee, or purchase your own Chip and deduct \$2 from the entry fee for this race & other Capital Running Co.races. For more information read [Running in a Chip race](#)

Discounts Only for ChampionChip Owners

ChampionChip owners may deduct \$2 from their entry fee. You may purchase your own logo ChampionChip later on this form.