

ParktoPark

1/2 marathon

Stuarts Draft → Waynesboro

4:30:16

Dear Runners,

On behalf of the Parks & Recreation Departments of the City of Waynesboro and Augusta County thank you for coming out to run with us for the 8th annual Park to Park Half Marathon. We believe you and the other 650 runners will discover that this course continues to be one of the most scenic in the Shenandoah Valley. And with this being the first year to run the course in reverse, we are excited to share this course that will bring a new perspective and provide a new challenge. This packet contains most of the details about the race, from the best spectator spots to the energetic aid stations. Also included are virtual coupons from some of our amazing sponsors. Please tell them thanks for helping make this race a success. If you have other questions concerning the race please feel free to email or call us at:

RTV@ci.waynesboro.va.us - 540-942-6735.

Happy running,

Dwayne Jones, Ben Lancaster & Amanda Reeve Scott Martin



Packet Pick Up:

Friday April 29 from **3 PM to 8 PM** at the **Best Western Plus Inn & Conference Center**

Saturday April 30 at Ridgeview Park (the finish line) beginning at **5:15 AM to 6:30 AM**

SHUTTLE BUSES WILL LEAVE RIDGEVIEW PARK BEGINNING AT 5:30AM AND THE LAST BUS WILL LEAVE AT 6:30AM. DO NOT MISS THE BUS!

PACKETS ARE NOT AVAILABLE FOR PICKUP AT THE START LINE IN STUARTS DRAFT

Directions to Best Western Inn & Conference Center:

I-64 to Exit 94. At the top of the ramp, turn right onto Route 340 and follow to the intersection of Low Dewitt Blvd. Turn left at the light onto Low Dewitt Blvd. and continue to the first stop light. Turn left at this light onto Apple Tree Lane. Continue straight ahead and the hotel is located on the right adjacent to Cracker Barrel. Still need help call Best Western @ 540-942-1100

Course Description:

Start at Stuarts Draft Park near the playground;
Turn RIGHT on Draft Ave...get into left lane
LEFT on Wayne Ave; (**Aid Station #1—Big Red Barn**)
RIGHT onto Patton Farm Rd.
LEFT on China Clay Rd. (**Aid Station #2— White Church -Port-a-potties**)
LEFT on Lyndhurst Rd.
LEFT on Lipscomb Rd. (**Aid Station #3— Waynesboro Nursery—Port-a-potties**)
RIGHT on Hall School Rd. (**Aid Station #4— Near Springdale Church**)
RIGHT on Shalom Rd. (**Aid Station #5— Waynesboro Nurseries -Port-a-potties**)
LEFT on Lyndhurst Rd.
RIGHT on Lyndhurst Rd. (**Aid Station #6—just over Interstate 64, near brick church**)
LEFT on Meadowbrook Rd. – RIGHT on **2ND ENTRANCE** to Greenway Circle
LEFT on Lover’s Ln. RIGHT on Northgate Ave. Run through the gate at the park entrance
END at Ridgeview Park – 13.1 – (**Music, food & water at the finish**)

Water / Aid Stations:

AID STATION	MILE
1 – Big Red Barn – Wayne Ave	2.1
2 – Beulah Baptist Church – China Clay	4
3 – Waynesboro Nursery- Lipscomb Rd	5.3
4 – Burkholder Farm – Hall School Rd	7.4
5 – Waynesboro Nursery- Shalom Rd	9.1
6 – 7 th Day Adventist Church – Lyndhurst Rd.	11.2

Gatorade will be at **Aid Stations 2, 4 & 6** and served first in line...then water

GU will be available at Aid Station 5 to push you to the finish!

A special thanks to PEPSI for donating 6000 cups!!!!!!

Directions to Ridgeview Park (Packet Pickup, Shuttle Buses & Finish Line)

From I-64, take Exit 94. When you get off the exit ramp, turn right onto Route 340. Take Route 340 approximately 2 miles. At the traffic light at Riverview Cemetery, turn right onto 13th Street. Go one block to the stop sign and turn right onto Magnolia Avenue. Magnolia ends at the park. The starting line is adjacent to the playground.

Restrooms are available in the pool house and at the large amphitheater in the park.

See enclosed map

Shuttle buses:

Waynesboro City and Augusta County Schools will be providing shuttle buses to transport you to the start line located at Stuarts Draft Park. You will park at Ridgeview Park (Finish Line) and board the bus. The first bus will leave at 5:30am and **THE LAST BUS WILL LEAVE AT 6:30am.** If you miss the bus, you miss the race! Make sure you arrive early to catch the bus!

You may be dropped off at the start in Stuarts Draft Park by family or friends.

96 Edgewood Ln. Stuarts Draft VA. 24477

Race Bibs & Timing:

Blue Ridge Timing is aboard with us this year. Your timing chip will be affixed to your bib. Pin your bib on the front of the shirt you will be crossing the finish line wearing. **Please only cross the finish line ONCE!!!**

Spectator Viewing:

Do you have adoring fans who want to watch you run a PR? See the attached map for the safest and best viewing spots to catch a glimpse of runners. **Meadowbrook, Lyndhurst & Lipscomb Roads will be closed to ALL vehicular traffic. Spectators should use Rte 340 to access spectator viewing stations along the course....see enclosed map**

Spectator spot #1: (around mile 2.3) Take 340 N—turn RIGHT on 635 (Mt. Vernon) park along field at the bottom of the hill

Spectator spot #2: (around mile 2.9) Take 340 N - turn RIGHT on 635 (Mt. Vernon), LEFT on 970 (Hall School Rd); RIGHT on 634 (Patton Farm Rd) park along field

Spectator spot #3: (mile 8) Take 340 N—RIGHT on 632 (Shalom Rd). Park along field

Family members wishing to meet runners at the finish please enter Ridgeview Park located at 700 South Magnolia Ave.

Finish Line Details:

Once you have finished the race...relax in Ridgeview Park & enjoy some great food provided by Panera Bread and sweet tea from Bojangles'! Local band Little Walter & the Convictions will be kicking some tunes at the finish line as well.....dancing is encouraged if your legs are up for it.



Awards Ceremony:

Will take place around 9:30 am at Ridgeview Park. Sit back, make yourself comfortable, enjoy some food and music and listen for your name to be called!

Changing Rooms, Showers and maybe even swimming:

The War Memorial Pool will be open for you to take a quick dip in to reenergize yourself. At the bathhouse you can also change your clothes and even take a shower if you wish. This service will be available from 8:15am to 11am.

Running with your tunes:

We urge extreme caution in any use of headphones during an open road course. Talking to your fellow runners is great way to pass the time, but ultimately you must consider the safety of yourself and others in deciding to use headphones.

******* RESTROOMS AT THE START *******

We have several places at the start to take care of the pre race jitters. The pool bath house has two facilities in both the men’s and women’s side. We also have 8 port-a-potties available near the start line.

Check out our other events in 2016

Kids Fun 2 Mud Run: June 11

Summer Extravaganza 5K & 10K Races: July 9

Tour De Valley Cycling: September 3

Fall Foliage 5K & 10K Races: October 8

For more information visit our REVAMPED website at:



Park to Park ½ Marathon - Ridgeview Park

Packet Pickup, Parking & Shuttle Bus Locations



**Park to Park ½ Marathon – Stuarts Draft Park
Start Line Map**



**RACE DAY PACKET PICKUP WILL BE HELD AT RIDGEVIEW PARK ONLY
April 30 from 5:30am-6:30am!**

**SHUTTLE BUSES
5:30am – 6:30am.
Please plan accordingly so we can assure everyone makes it to the start of the race!!**

RUN THE VALLEY.COM

ParktoPark

1/2 marathon

Stuarts Draft → Waynesboro



Course Legend

- Half Marathon Route
- Mile Marker
- Aid Station
- Spectator Spot

Park to Park 1/2 Marathon—Ridgeview Park

Finish Line Map



Running For A Cause:

We are excited that the proceeds from this year's race will be donated to **Therapeutic Adventures, Inc.** based in Charlottesville, Virginia. *Therapeutic Adventures, Inc.* is a non-profit 501 (c) (3) charitable educational organization, committed to providing greater access to adaptive outdoor recreation (Adaptive Snow Sports, Adaptive Water Sports, and Adaptive Wilderness Adventures) -- their primary goal is to improve the quality of life of ALL persons by helping them achieve independence in the outdoor environments where adaptive adventure activities are offered and enjoyed. Program services include:



- *Freedom Outdoors – Adaptive Adventure Outfitters.* Provides assistive technology, adaptive outdoor equipment, safety products outdoor gear & specialty products to help individuals achieve greater functional independence in the outdoors.
- *Operation Freedom Outdoors* - is a service of THERAPEUTIC ADVENTURES, INC. committed to providing greater access to adaptive outdoor recreation for our disabled military heroes.

To learn more about some of the work they are doing in the Shenandoah Valley visit

<http://www.TAonline.org>



Founder Mark Andrews



Awards for Park to Park Half Marathon:

Overall Male: 1st Place: \$75 Visa Gift Card: **Dupont Community Credit Union**
\$25 Gift Certificate: Ragged Mountain Running Shop
1st place trophy

Overall Female: 1st Place: \$75 Visa Gift Card: **Dupont Community Credit Union**
\$25 Gift Certificate: Ragged Mountain Running Shop
1st place trophy

Masters (40+) Division:

Overall Male: 1st Place: \$75 Visa Gift Card: **Dupont Community Credit Union**
\$25 Gift Certificate: Ragged Mountain Running Shop
1st place trophy

Overall Female: 1st Place: \$75 Visa Gift Card: **Dupont Community Credit Union**
\$25 Gift Certificate: Ragged Mountain Running Shop
1st place trophy

Division Winners:

Male – 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

Female – 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

1st Place: \$20 Gift Certificate: **Dupont Community Credit Union**
RTV Water Bottle
2nd Place \$10 Gift Certificate: **Ragged Mountain Running Shop**
RTV Water Bottle
3rd Place: RTV Water Bottle



A big THANK YOU to all of our sponsors & wonderful volunteers!!

Madison House, EMS from Waynesboro and Augusta County, Augusta County Sheriffs, Waynesboro Police, Waynesboro YMCA, Bridge Christian Church, Murphy Deming College of Health Sciences, Boy Scout Troop, Stuarts Draft and Fort Defiance Key Clubs, and Anytime Fitness.



Waynesboro Inn & Suites
Conference Center



PLUS



Park to Park half marathon

Special Coupon

Please print this coupon and bring it with you for your
next
running shoe purchase and save 15% off shoes including



“Supporting our community neighbors since 1982”

www.raggedmountainrunning.com

434-293-3367

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Maybe Your Best Banking Option Isn't a Bank.



DCCU is your best local option for the personal attention you deserve, and **competitive rates**, **convenient eServices**, and **lower fees** on the financial products you need.

Live or work in the central Shenandoah Valley?
You can join! Learn more and become a member
at mydccu.com today.

Locations in:

Harrisonburg

Staunton

Waynesboro

Stuarts Draft

Verona

Fishersville

Woodstock



Federally Insured by NCUA

mydccu.com | 540.946.3200

Why Does My Foot Hurt?

Common Running Injuries



selectphysicaltherapy.com

Soft tissue injuries at the foot, including tendinitis, bursitis and plantar fasciitis, are very common in competitive and recreation runners. Fortunately, the vast majority of these debilitating conditions can be effectively treated with physical therapy.



Conditions successfully treated by physical therapists include:

Achilles Tendonitis:

- Dull ache or pain when pushing off or rising onto your toes
- Tenderness along Achilles Tendon
- Stiffness in tendon that lessens as you warm up
- Mild swelling on the tendon
- Cracking or creaking sound when stretching the tendon
- Worst in the mornings and evenings

Plantar Fasciitis:

- Develops gradually
- Usually affects just one foot, but can occur bilaterally
- Worst with first few steps in the morning, and also with prolonged standing and getting up from a seated position
- Pain is sharp and felt on the underside of the heel

Posterior Tibialis Tendonitis:

- Pain on the instep of the foot
- Swelling along the tendon
- Flattening in the arch of the foot
- Redness or warmth along the instep and ankle bone

Don't let your training aches and pains turn into season ending injuries! Contact your physician first, then call your local Select Physical Therapy center or visit selectphysicaltherapy.com today.

SELECTPHYSICAL THERAPY
201 B ROSSER AVENUE
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540-943-2318 - fax