



Dear Runners,

On behalf of the City of Waynesboro Parks & Recreation and The Madee Project, thank you for signing up for the 36th Annual Summer Extravaganza 5k & 10k Races and 5k Fun Walk. This packet contains most of the details about the race, from packet pickup to race day parking. If you have other questions concerning the race please feel free to email us at parcsandrec@ci.waynesboro.va.us or call 540-942-6735. Proceeds benefit The Madee Project to fight pediatric cancer - thanks for you support!!!

Thanks again,

Dwayne, Ben & Amanda - Waynesboro Parks & Recreation
Abby & Tamara - The Madee Project



Packet/Bib Pickup

**Friday July 10 from 5:00pm-7:00pm
at Best Western Plus in Waynesboro
(109 Apple Tree Ln; near Cracker Barrel)**

**Saturday July 11 from 7:15am-7:45am
Ridgeview Park at the Serenity Garden
(Please enter the park off Rosser Avenue and park on the ball field behind
Westwood School)**

Race Starts at 8:00 AM

Race Day Parking:

From I-64, take Exit 94. When you get off the exit ramp, go East on Route 340 towards Waynesboro. Proceed approximately 2 miles and you will see Westwood Hills Elementary School on your right. Go just past the school parking lot and you will be able to turn into the park off Rosser Ave. Once you enter the park you will see the ball field on your right. All cars will park in the outfield of the ball field at the back of Westwood Hills.

RACE STARTS AT 8:00 AM

Restrooms!

Port-A-Potties will be made available to relieve yourself of any race day jitters! They will be near the start line.

Water Stations

5K Race/Fun Walk; Mile 1.8 on Tuckahoe Rd
10K Race; Mile 2.9 on Gwynne Ave & Mile 4.9 on Tuckahoe Rd

IMPORTANT COURSE NOTE: PLEASE READ

The **10k runners** will turn **RIGHT** onto **GLENWOOD BLVD**. This turn is the **1st RIGHT** off Northgate Ave.

The **5k runners** will turn **RIGHT** onto **MEADOWBROOK RD**. This turn is the **2nd RIGHT** off Northgate Ave.



Finish Line Details:

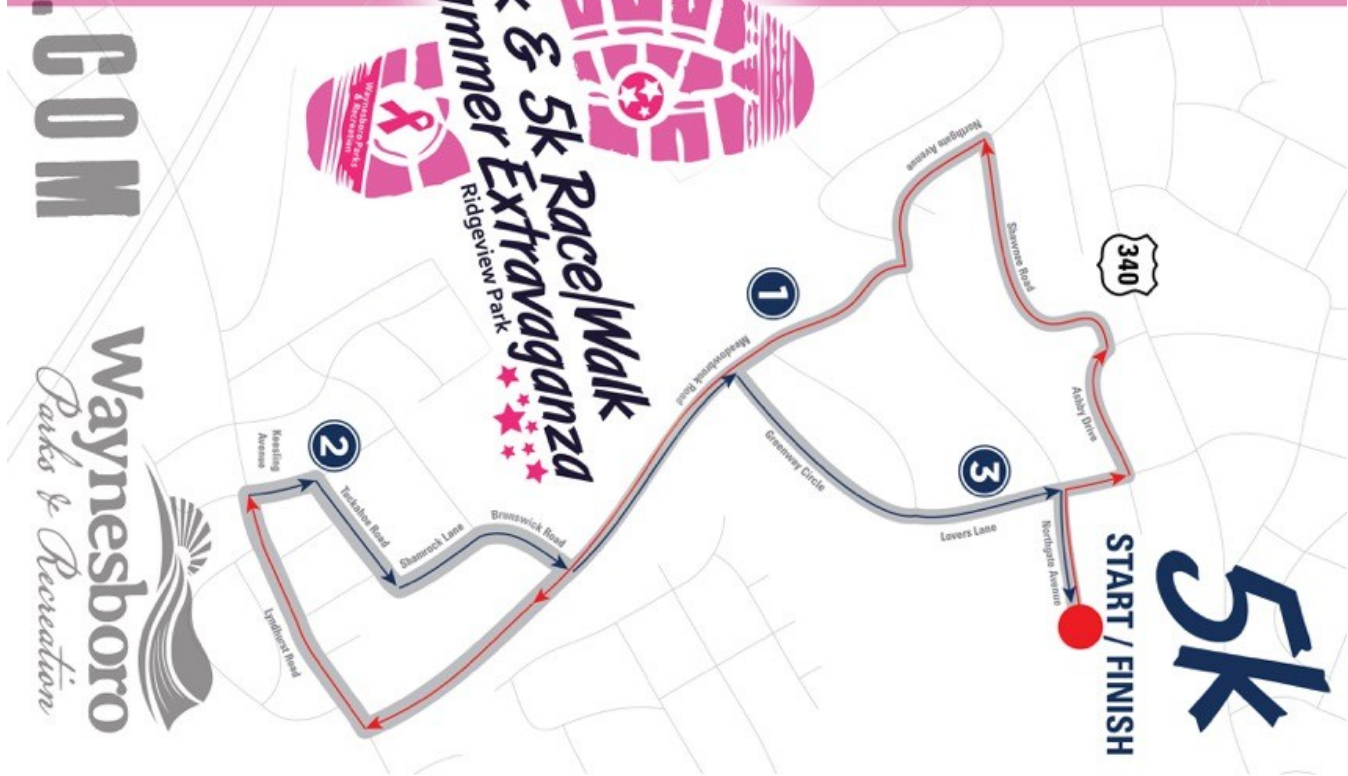
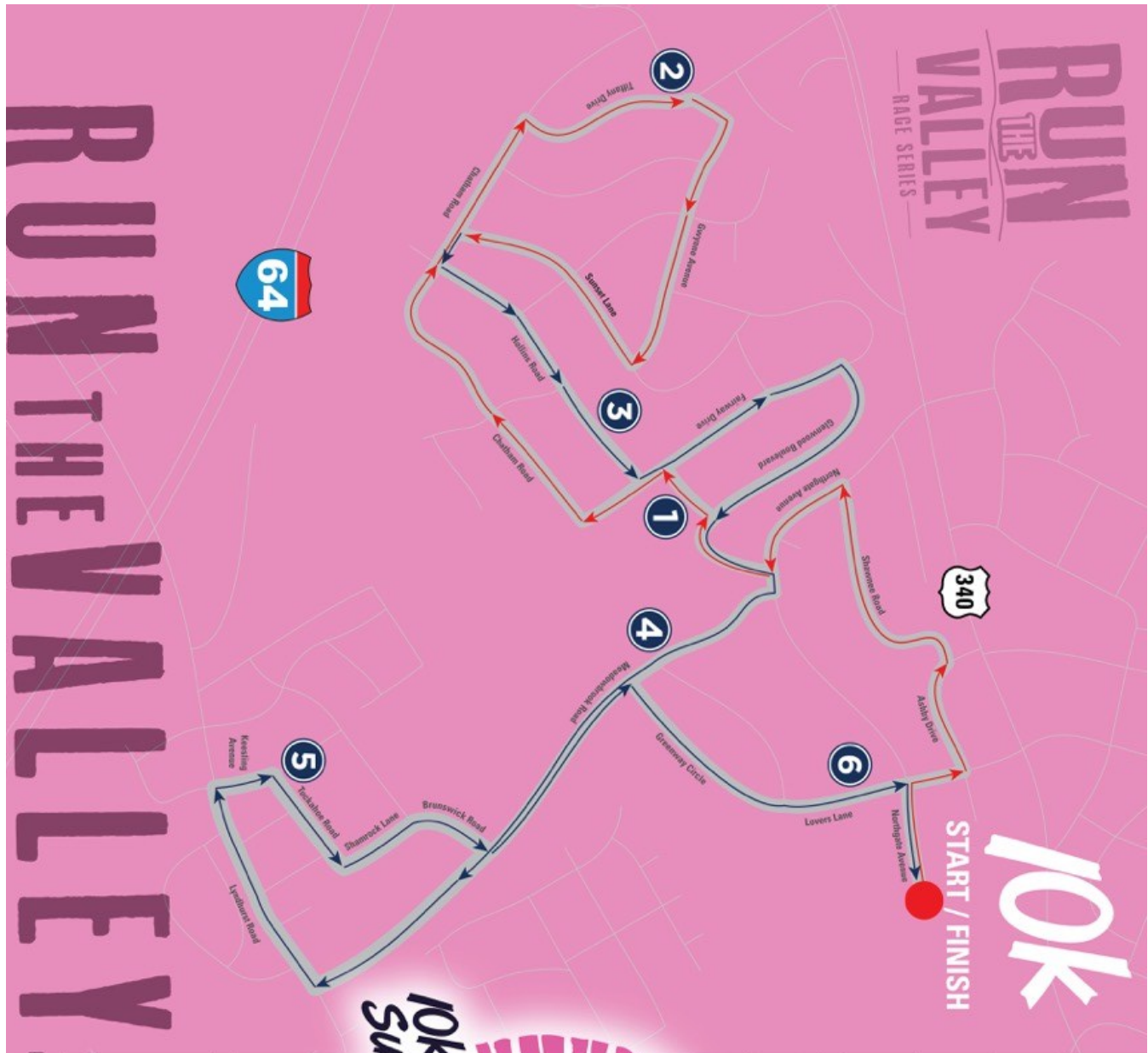
Once you have finished the race...relax & enjoy some great food and the awards ceremony.

Race Bibs & Timing:

Runners will use the Chronotrack B-Tag system. No other timing chip may be worn. B-Tags are placed on your bibs and must remain on your bib to receive a finish time and be eligible for awards. Pin your bib on the front of the shirt you will be crossing the finish line wearing.

Please only cross the finish line ONCE!!!

Results will be emailed to you on race day. Results will also be posted on Monday July 13 at www.runthevalley.com



THE MADEE PROJECT

caring for our children



The MaDee Project is a non profit foundation that provides support to pediatric cancer patients and their families in the Staunton, Waynesboro, and Augusta County areas. The project will also nationally fund research in hopes of finding the cause and help to prevent pediatric cancers from reaching any other children.

RUN THE VALLEY.COM

MUD RUN | 1/2 MARATHON | 5K | 10K

You will not want to miss any of our upcoming events!

Saturday September 5

Tour de Valley Century & Metric
Century

Ridgeview Park - 7:30am



Saturday October 10

Fall Foliage Festival 10K Race & 5K Race/
Fun Walk

Constitution Park—8am

Thanks to our wonderful sponsors!!!



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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.

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