



Dear Runners,

On behalf of the City of Waynesboro Parks & Recreation and Relay For Life, thank you for signing up for the 37th 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](mailto:parcsandrec@ci.waynesboro.va.us) or call 540-942-6735. Proceeds benefit Relay For Life to assist cancer patients in our area - thanks for you support!!!

Thanks again,

Dwayne, Ben & Amanda - Waynesboro Parks & Recreation  
Kelsey & Sam - Relay For Life



## Packet/Bib Pickup

**Friday July 8 from 5:00pm-7:00pm  
at Best Western Plus in Waynesboro  
(109 Apple Tree Ln; near Cracker Barrel)**

**Saturday July 9 from 7:15am-7:45am  
Ridgeview Park at the Serenity Garden**

# **Race Starts at 8:00 AM**

### **NEW FOR 2016 - 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 turn right onto Lover's Lane. Go approximately 1/4 mile and turn left onto Northgate Ave. Continue on and you will be directed to park on the ball field on your left. All cars will park in the outfield of the ball field at the back of Westwood Hills.

**No cars will be allowed to enter Northgate Ave after 7:55am!!**

### **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:**

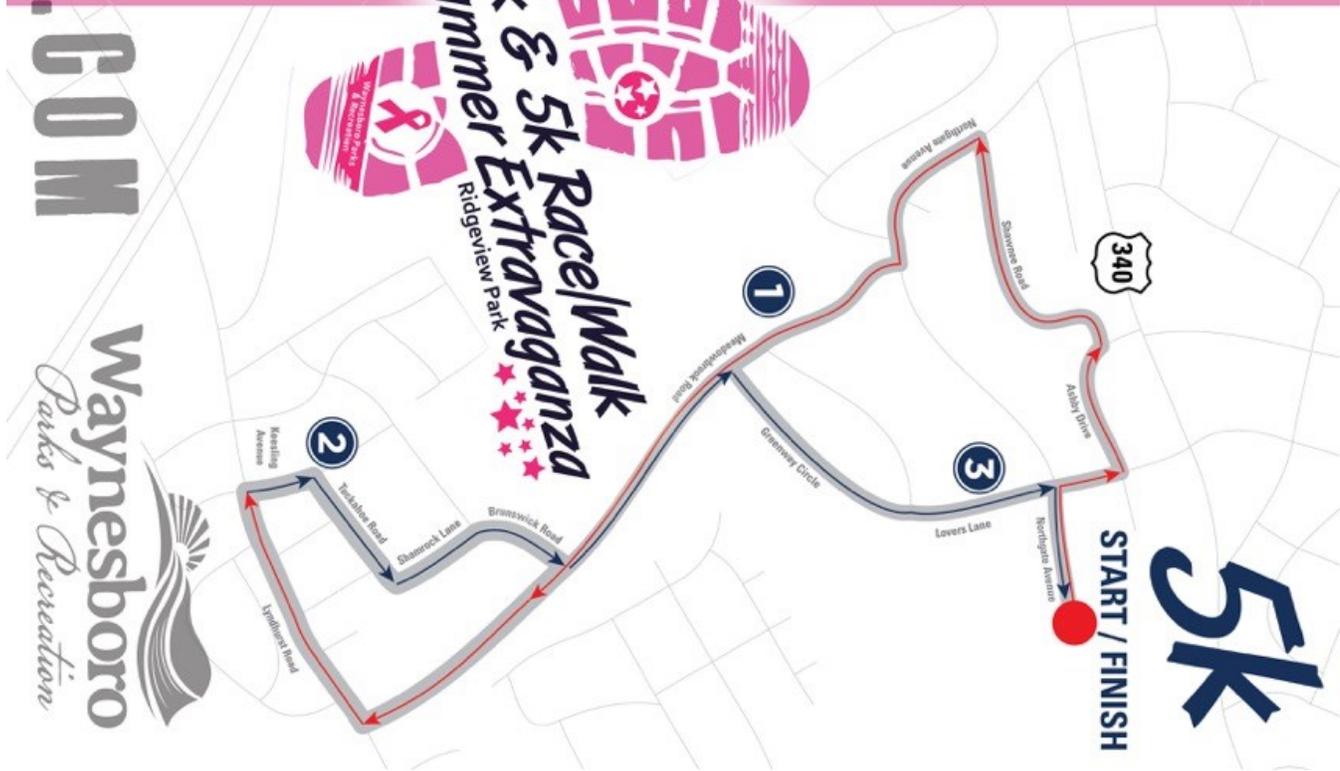
Once you have finished the race...relax & enjoy some great food and the awards ceremony.

### **Race Bibs & Timing:**

Doug and Blue Ridge Timing will be timing the race! 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 [www.runthevalley.com](http://www.runthevalley.com) and our Facebook page by 1pm**



**Waynesboro**  
Parks & Recreation

**.COM**



Relay For Life is a non profit foundation and Donations will be supporting our life saving cancer research programs as well as our local and statewide mission programs that are free of charge to cancer patients and their families. These mission programs include transportation to treatment, free wigs and scarves, access to information about cancer diagnosis and treatment, and lodging during cancer treatment.

# RUN THE VALLEY.COM

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

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

Saturday September 3

Tour de Valley Century & Metric

Century

Ridgeview Park - 7:30am



Saturday October 8

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](http://selectphysicaltherapy.com) today.

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