



Dear Runners,

Here we are. We did it? Nope. You did it. 10 years ago, Dwayne was kicking around this idea with his running buddies (you know who you are). Ben was on the job for only a few months and thrown into the fire. Amanda wasn't even here. All we needed was a spark. That spark has grown into a fire. Look at what you have helped us build. As you are about to undertake the 10th Anniversary of the Park to Park Half Marathon, we encourage you to take a look around. Breathe in the mountain air. Listen to the rushing waters. Enjoy the Shenandoah Valley once again. YOU helped get us here. YOU keep supporting us. YOU keep talking up our races. YOU have achieved so much these past 10 years...and we thank you. Please read the following pages carefully.

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

Happy running,

Dwayne Jones, Ben Lancaster & Amanda Reeve

Nick Grow



Packet Pick Up:

Friday April 27 from **3 PM to 8 PM** at the **Best Western Plus Inn & Conference Center**

Saturday April 28 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!

THE RACE BEGINS AT 7AM AT STUARTS DRAFT PARK

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

Addresses:

Best Western Plus - 109 Apple Tree Ln. Waynesboro

Ridgeview Park - 700 S. Magnolia Ave. Waynesboro

Stuarts Draft Park - 96 Edgewood Ln. Stuarts Draft

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

Bag Drop at Stuarts Draft Park:

Our friends at Dupont Community Credit Union will be providing a bag drop service from the start line at Stuarts Draft Park to the finish line at Ridgeview Park. Please have your items labeled with your name in a small bag and give it to the staff and be sure to find your items at the finish line!

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 Carter's Specialty Breads 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.

Water / Aid Stations:

AID STATION	MILE
1 – Big Red Barn – Wayne Ave	2.1
2 – Beulah Baptist Church – China Clay - Port-A-Potty	4
3 – Waynesboro Nursery- Lipscomb Rd - Port-A-Potty	5.3
4 – Burkholder Farm – Hall School Rd	7.4
5 – Waynesboro Nursery- Shalom Rd - Port-A-Potty	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 3 to push you to the finish!

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.

Post-Race Message available:

Run the Valley sponsor Select Physical Therapy will be offering messages to help your sore muscles recover a little quicker. Messages can be 5-10 minutes long and the cost is \$1 per minute, cash or credit card only.

Don't let this opportunity pass you by, your legs will thank you later!



Check out all of our family friendly events at

RUN THE VALLEY.COM

MUD | 13.1 | KIDS MUD | 5K | 8K | 10K | BIKE

— WAYNESBORO VA —

Park to Park ½ Marathon - Ridgeview Park

Packet Pickup, Parking & Shuttle Bus Locations



Park to Park 1/2 Marathon – Stuarts Draft Park
Start Line Map



RACE DAY PACKET PICKUP WILL BE HELD AT RIDGEVIEW PARK ONLY
April 28 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

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, US Army, Stuarts Draft and Riverheads Key Clubs, Mike Anson & Chris Moore





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mydccu.com | 540.946.3200

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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.

SELECT PHYSICAL THERAPY
201 B ROSSER AVENUE
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