



**JUNIOR LEAGUE OF
NORTHERN VIRGINIA**

Women building better communities

**Event Listing
26 January 2009**

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**Junior League of Northern Virginia's Fourth Annual *Strides For Success* 5K Run and
Children's 1K Fun Run/Walk**

WHAT: 5K Run and Children's 1K Fun Run/Walk

WHERE: Fairfax Corner Shopping Center
11950 Grand Commons Avenue
Fairfax, Virginia 22030

WHEN: Sunday, April 26, 2009
9 a.m.

BRIEF DESCRIPTION:

The Junior League of Northern Virginia's Strides For Success 5K Run and Children's 1K FunRun/Walk will be held at Fairfax Corner Shopping Center Sunday April 26, 2009. The 5K starts at 9 a.m., and the 1K starts at 9:15 a.m. This is a family-friendly event targeting novice to advanced-level runners with prizes for top male and female finishers in numerous age groups, completion prizes for all children, refreshments, T-shirts, goodie bags and children's entertainment. Strollers are allowed only for the 1K Fun Run/Walk. No dogs allowed.

**REGISTRATION/
INFORMATION:**

Registration is available online, by mail, at packet pickup and the day of the race. Advance registration is \$30 for the 5K race until April 21, 2009, and increases to \$35 after that date.

1. Register online at www.runwashington.com/features/stridesforsuccessinfo.html until midnight PT April 21, 2009.

2. Registration forms also are available at www.jlnv.org. Submit by fax to 703-761-4139 or via e-mail to info@jlnv.org.

For more information about the race or registration, call 703-442-4163 or e-mail stridesforsuccess@jlnv.org.

PACKET PICKUP: Packets, T-shirts and goodie bags will be available at REI in Fairfax Corner Friday, April 24, from 4 - 8 p.m., and Saturday, April 25, from 11 a.m. - 3 p.m. Packet pickup on race day is from 7 - 8:45 a.m. *Early packet pickup is encouraged to avoid waiting in line.*



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RACE COURSE: Our certified 5K course, VA05035-RT, is a pleasant tour of the area around Fairfax Corner Shopping Center. Please see the race Web site, www.jlnv.org, for the course map.

DIRECTIONS: From Interstate-66 West, take exit 57B (Route 50). Pass the exit for Fair Oaks Mall and then take the second exit onto West Ox Road. At the second stop light turn left onto Monument Dr. At the third stop light, you will be at Monument Dr. and Government Center Pkwy. Fairfax Corner is in front of you on the left. Free parking.

CHARITY BENEFICIARY:

All proceeds benefit the Junior League of Northern Virginia's (JLNV) mission and community programs. The JLNV is an organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

Seeking to empower women to be a driving force to improve the Northern Virginia community, the JLNV is a nonprofit 501(c)(3) organization and member of the Association of Junior Leagues International Inc. Now in its 51st year, the JLNV focuses on preparing children in Northern Virginia for success. Our current community programs include:

- The Children's Science Center – A signature partnership with the Children's Science Center to create a 250,000-square-foot, hands-on, science- and technology-focused children's museum in Northern Virginia
- School Readiness – Provides health fairs and school supplies for Northern Virginia uninsured children
- Kids Can and My Life Shelter Programs – Empower children in area shelters through educational and behavioral learning
- Kids In The Kitchen – An educational and advocacy program combating childhood obesity

More information can be found at www.jlnv.org or by calling 703-442-4163.