



20th Annual
Van Metre 5 Mile Run

SAVE THE DATE!

Saturday, March 10, 2012

BROADLANDS

Ashburn, VA - 8:30 am

**Help Us Help the Children by
Meeting Our Goal of \$100,000**



Children's National
Medical Center

- KIDS RUN FOR FUN •
- ONE-MILE FUN RUN/WALK •
- 5 MILE RUN •



Registration: \$25 • after March 5: \$30

• Children 12 & under: \$5

Corporate Team: \$50 (plus \$15 per member)

Phone (703) 425-2600 ext 2288

Register online at www.runwashington.com

DIRECTIONS TO BROADLANDS

From the Beltway, follow Dulles Toll Road West.

Take the Dulles Greenway to

Exit 6 (RT 772) Ashburn/Broadlands Exit.

Left at exit ramp, then left onto

Wynridge Drive to the Broadlands Marketplace.

