



PRESS RELEASE

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26th Annual Van Metre 5 Mile Run Raises Over \$235,000 for Children's National Health System

Broadlands, Virginia (April 26th, 2018) – The 26th annual Van Metre 5 Mile Run was hosted on Saturday, April 14th, 2018, in Broadlands, Virginia. Over 300 runners from throughout the entire Washington, D.C. Metropolitan area and beyond were in attendance on a pleasantly warm, sunny spring morning as the opening ceremonies kicked off at 8:30am with a fun, interactive warm-up by Joel Santos of Super Kicks Karate. The youngest participants were also greeted by Children's National's own Dr. Bear, and given the opportunity to have their face painted before and after the race. Post-race, a celebration was held for all participants, which included snacks, refreshments, awards and a variety of door prizes, sponsored by Van Metre Companies. Van Metre was proud to announce this year's event was one of the most successful yet, raising over \$235,000 for Children's National Health System thanks to the generosity of race sponsors and participants alike.

The 26th Annual Van Metre 5 Mile Run used a ChronoTrack race timing system with a disposable D-tag on an USATF certified course. Participants included competitive runners, weekend and occasional joggers as well as walkers, with numerous strollers and dogs joining in on the fun as well. Cash prizes were awarded to the first, second, and third place overall male and female runners. Overall male winners were: Jack Boulas of Durham, NC, Leo Smith of Ashburn, VA, and Brian Presler of Ashburn, VA. Overall female winners were: Boriana Bakaltcheva of Vienna, VA, Amy Boyd of Purcellville, VA, and Mary Mitchell of Ashburn, VA. Additional gift certificates and prizes were awarded to top male & female runners in each of the fourteen total age groups – reaching participants of over 80 years of age! A complete list of winners can be found at: www.VanMetre5MileRun.org.

Since the event's inception in 1991, The Van Metre Companies has raised over \$2.2 million dollars for Children's National Health System, a non-profit institution providing total pediatric care to children from birth through 21 years of age, regardless of race, creed, or geographic boundary, with six regional outpatient centers located throughout Virginia, Maryland, and the District of Columbia. This year, the funds raised through the Van Metre 5 Mile Run will be used to support *The Van Metre Companies Professorship in Fetal Cardiology*. As the number one birth defect, Congenital Heart Disease (CHD) affects 1 in every 100 babies born each year, or 40,000 children in the USA. The new endowment will help ensure that every pregnant woman in the region has access to early, accurate detection and diagnosis of CHD through prenatal screening at the only fetal cardiac imaging program in the region. It will help save babies' lives and help them grow up stronger in order to reach their full potential. To learn more about Children's National Health System, you may visit their web site at: www.ChildrensNational.org.

For more than 60 years, Van Metre Companies has been one of the Greater Washington D.C. area's most successful private, multi-disciplinary real estate developers. With a penchant for quality and unparalleled customer service, their portfolio of masterfully planned communities featuring new homes, offices, apartments and retail centers have received honorable recognition including Developer of the Year, Top Workplace and Leading Corporate Philanthropy from across the industry. Van Metre Companies continues to strengthen and enrich the lives of those who work, play and shop in the communities they serve. Van Metre. Commitment That Endures. To learn more, visit: www.VanMetreCompanies.com.

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