

September 2013

SUN 9/08 Capital Challenge Walk MS

Time: 7:00 am

Location: Swim: Potomac River

Bike: Start and Finish at West Potomac Park (Independence Avenue & West Basin Drive, SW);

Run: Start and Finish at West Potomac Park (Independence Avenue & West Basin Drive, SW)

Contact: Competitor Group (800) 311-1255; www.nationstri.com

SAT 9/21 Nation's Triathlon

To **Time:** *Saturday:* 8:30 a.m.

Sunday: 8:30 a.m.

SUN 9/22 **Location** *Saturday:* Start in MD (entering District via Jenifer Street, NW);
Finish in VA (exiting District via Memorial Bridge)

Sunday: Start in VA (entering District via Key Bridge); Finish at U.S. Capitol

Contact: National MS Society (202) 296-5363; www.capitalchallengewalkms.org

SAT 9/21 H Street Festival

Time: 11:30 a.m. – 7:00 p.m.

Location: H Street NE, between 4th Street and 14th Street

Contact: H Street Main Street (202) 543-0161; www.hstreet.org

SAT 9/28 Light the Way 5K

Time: 8:45 a.m.

Location: Start and Finish at Nationals Park

Contact: Columbia Lighthouse for the Blind (202) 454-6400; www.clb.org

SAT 9/28 Barracks Row Fall Festival on Capitol Hill

Time: 11:00 p.m. – 5:00 p.m.

Location: 8th Street SE, between E Street and I Street; G Street SE, between 8th Street and 9th Street

Contact: Barracks Row Main Street (202) 544-3188; www.barracksrow.org

SUN 9/29 Prevent Cancer Foundation 5k

Time: 9:00 a.m.

Location: Start and Finish at Nationals Park

Contact: Prevent Cancer Foundation (703) 863-4412; www.preventcancer.org

SUN 9/29 Turkish Festival

Time: 11:00 a.m. – 7:00 p.m.

Location: Pennsylvania Avenue NW, between 12th Street and 14th Street; 13th Street NW, between Pennsylvania Avenue and E Street; Freedom Plaza

Contact: American Turkish Association (888) 282-3236; www.atadc.org