

The Glen Echo

Newsletter of Fairlington Glen

March 2023

Clogged Sewer is Cause for Repeated Warnings

What was described as "a pretty serious" clogged sewer in Court 6 will serve as another in a series of warnings to Glen co-owners and residents regarding our aging sewer system:

ONLY YOU CAN PREVENT SEWER BACKUPS!

The Board wishes to thank Onsite Manager Amy Steliga and Onsite Staff Nelson Ordoñez and María Castro for their dedicated work to clear this extremely messy situation. Nelson had to snake the line from the external clean out back into the unit's bathroom to clear the backup, which was clearly caused by items that should have never been flushed down a Fairlington toilet.

In this issue, we are going to review those items that should never be flushed in the toilets OR pushed down the drains of our kitchen sinks in the Glen. If you are a long-time resident, this may seem like overkill. If you are new to the Glen, this will certainly be an eye opener. In any event, the information is vitally important.

On pages 3-5 of this month's newsletter you'll read about our aging sewer system and learn how to treat it with care. As Board President Charlie Robbins said, "The pipes are aging; they're delicate." You'll also see a familiar flyer that's been posted on our website and delivered from door to door over the years. I suggest you print copies and show them to your guests and new neighbors. You may have heard the term "low unit." We'll explain it, and I guarantee you may not know the unlucky consequences of owning the low unit. We're going to cover some unpleasant matters; however, it's important for all of us to be aware.

During the Pandemic the phrase we heard a lot was "we're all in this together." That phrase applies to this situation too. Don't forget it.

Jay Yianilos / Editor

The *Glen Echo* is published monthly. Our editor is always looking for ideas or input. Please email him at jasonyianilos@yahoo.com. The *Glen Echo* is published online each month on the Glen website, at <u>https://www.fairlingtonglen.com</u>. To be notified by email when the latest edition is published, with a link to the newsletter, sign up for Glen Alerts via the Glen's website. Your email address will only be used for official Glen business.

Latest News From the Board

The Fairlington Glen Board of Directors held their monthly meeting on Tuesday, February 14, 2023. Here are some of the highlights.

APPROVED

Moved to adopt the following schedules for painting and related carpentry for 2023-2025: Courts 9-10 in 2023, Courts 11-12 in 2024, and a resumed four-court cycle with Courts 13-16 in 2025. The Treasurer emphasized that the painting and related carpentry specs for 2023 are for Courts 9-10 only, rather than Courts 9-12 that would be included in our usual four-court cycle. He noted that he has been discussing with the Board the need for a delayed cycle of painting and carpentry that would take three years to do what we would ordinarily do in two years. He maintained that that this is needed in light of maintenance costs that are rising faster than the salaries of the federal workers who live in the area. He further explained that needed spot work would continue Glen-wide. The savings will enable the Glen to tame dues increases and maintain reserve contributions without significantly affecting maintenance.

Moved to adopt the painting specs for Courts 9-10.

Moved to ratify the earlier email vote to approve a variance for a B Building front door lock at 3611 S. Taylor Street (Court 8).

Moved to ratify the earlier email vote to approve a variance for the installation of a rear egress window at 4210 S. 36th Street (Court 7).

Moved to ratify the earlier email vote to approve a variance for the installation of a hand railing on the front stoop at 3525 S. Utah Street (Court 9).

Moved to ratify the earlier email vote to approve a contract with Ecotek in the amount of \$10,975 for the soft washing (roof cleaning to remove mold, algae, and moss stains) of certain roofs and wood trim in Courts 9-12.

Moved to ratify the earlier email vote to approve a contract with Concrete Jack in the amount of \$11,683 to repair a trip hazard area of the concrete pool deck.

NEXT MEETING

The next monthly Board meeting is scheduled on Tuesday, March 14, 2023, at 6:30pm. The Fairlington Community Center has reopened, but due to ongoing COVID-19 concerns, the meeting will be held virtually via Zoom. Details to access the meeting will be announced as we get closer to the date.

REMINDER / Arlington County Police / Non-Emergency

703-558-2222



Please be sure to report any suspicious and/or non-emergency activity to the Arlington County Police Department. It's important that the police have a record of ANY problem.

Caring for Our Aging Sewer System

We need the help of all residents in caring for our aging sewer system, which was built during the 1940's and has handled newly added bathrooms and garbage disposals since condo conversion in the 1970's. In 2009, Fairlington Glen completed a major project to replace or reline its sewer laterals. Nonetheless, they still need to be treated with care, as the original lines are terra cotta.

Units in each building share a single sewer lateral to the County sewer line. It is important to remember that everything water borne in a building, whether from sink, bathtub, washing ma-



chines, or toilets, exits the building through this single lateral. That means that we all need to be careful what we put down our garbage disposals and in our toilets. If something gets clogged up before it can get to the main lateral, the unit in each building with the low basement (sometimes referred to as a "high ceiling" or the "low unit") is most likely to experience the backup overflow. If waste continues to enter the system, it can sometimes cause an overflow in other units.

The rule of thumb in Fairlington is "less is more" when using a garbage disposal. Please use your disposal only for bits of food left when working at the sink. Our plumbing systems were not originally designed for garbage disposals, and were retrofitted in the 1970's onto a system built during WWII. In particular, please do not put **celery, onions, pulpy fruits, grease, pasta, rice, coffee grounds, corn husks, potato peels, shrimp shells, bones, caulk, paint or anything substantial** down the garbage disposal. Flush the disposal with cold water even after turning it off to assure that waste gets through the system.

Please keep FOG - fats, oils, and grease - out of the pipes.

The rule on toilets is that only human waste and toilet tissue should go into the toilet. Please do not put **tampons**, **sanitary napkins**, **condoms**, **large wads of toilet paper**, **disposable diapers**, **adult & baby wipes**, **napkins**, **tissues**, **paper towels**, **newspaper**, **dental floss or pet waste and litter** into the toilet.



Please be sure your guests, babysitters, and contractors are aware of this important information. And don't be afraid to tell new neighbors about this practice.

One of the great things about Fairlington Glen is that we have trash pickup six days a week, and on holidays except for Thanksgiving, Christmas, and New Year's Day. Please be a good neighbor and put the waste noted above in **bold letters** into your daily trash rather than in our fragile sewer system. Sewer backups can be expensive and a nightmare. We must care for our aging sewer system, which was built in the 1940's.

Help keep condo fees and rents down by being careful about what you put in your toilets.

Please do not dispose of the following in your toilet:



Please make babysitters, house sitters and guests aware of what should not be disposed of in your toilet.

Remember, Only YOU Can Prevent Sewer Backups

The Lowdown on the Low Unit

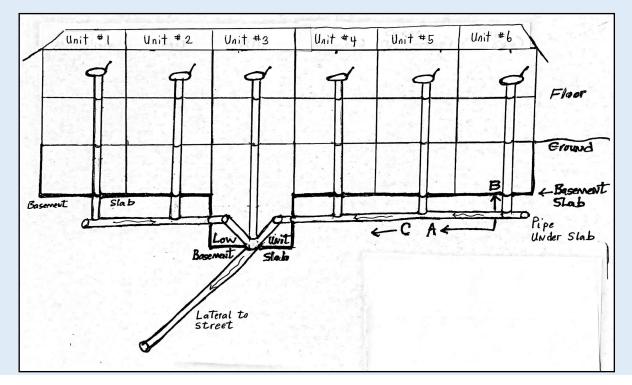
In order to understand the term "low unit," it's necessary to cover a little history first. There are 56 residential buildings in the Glen which contain 352 total units. As you know, Fairlington was built in the early 1940's as housing for Defense Department workers assigned to the Pentagon. The units later became apartments until a renovation in the early to mid 1970's converted the property into condominiums.

Units in each building (or row of units) share a single sewer lateral to the County sewer line. It is important to remember that everything water borne in a building, whether from sink, bathtub, washing machines, or toilets, exits the building through this single lateral. That means that we all need to be careful what we put down our garbage disposals and in our toilets. If something gets clogged up before it can get to the main lateral, the unit in each building with the low basement (sometimes referred to as a "high ceiling" or the "low unit") is most likely to experience the backup overflow. If waste continues to enter the system, it can sometimes cause an overflow in other units.

The Glen has 56 low units. If you own one, perhaps the real estate agent sold you on the fact that there are higher ceilings in the basement. The ceilings are only higher because the floor is lower. And below that basement slab is a single pipe containing everything water borne from each unit as it converges to enter the sewer lateral to the Arlington County sewer line. Now you know!

Most people don't think about what lies below the ground or under our homes when buying or renting in Fairlington. However, it's important to know what's there and how it works. Nobody in the Glen has a better understanding than Glen Treasurer Maynard Dixon, who is an original owner. His fellow Board members have sometimes called him the drain/pipe guru.

Perhaps you'll get a better sense of what is being discussed by studying the diagram below that Maynard drew up a few years ago to help Board members and residents in Court 16 navigate through a nasty backup. In this diagram, Unit #3 is the low unit. Disregard letters A, B, & C.



Annual Tap Water Cleaning Underway



Spring cleaning for Arlington's drinking water has begun. Water is safe, but may taste or smell differently.

Arlington County's safe and dependable drinking water may taste and smell differently as the regional supply system undergoes its annual spring cleaning, which began on February 20 and runs through May 15.

This year's early start to the process will allow the Washington Aqueduct to complete a reservoir rehabilitation project. The Aqueduct, operated by the U.S. Army Corps of Engineers, supplies Arlington County, the District of Columbia, and northeastern Fairfax County with drinking water and initiates the cleaning process for pipes down the line. The Arlington network is made up of some 500 miles of pipes linked to

homes, businesses, and schools.

Crews at the Washington Aqueduct continue the temporary disinfectant switch from chloramine to chlorine. The annual switch is part of a routine program to clean the pipes and maintain the drinking water system. The Washington Aqueduct will continue to add a corrosion inhibitor during this cleaning process to reduce the potential for release of lead in system pipes.

During the cleaning, Arlington's Water, Sewer, and Streets Bureau continually monitors the output for safe chlorine levels as well as conducts system-wide flushing to enhance water quality. This temporary cleaning often adds a new smell or taste to tap water. If you prefer, just run the cold tap water for about two minutes, then use a water filter or allow water to sit in a container in the refrigerator to remover chlorine taste and odor.

Please note that water service will continue uninterrupted during this process. It just may smell or taste slightly different.

Arlington's drinking water continues to meet or exceed all safety standards established by the federal Environmental Protection Agency and Virginia Department of Health.

Also during this time, water utility crews will systematically flush fire hydrants by opening them up to release stagnant water and allow fresh water to flow through the system. Crews operating hydrants in this manner are a normal part of this routine, a process repeated nearly every spring both here in Arlington and across the nation.

Daylight Saving Time Returns

In case you've been wondering when we change the clocks again, the answer is Sunday, March 12, 2023, when we officially return to Daylight Saving Time. That means at 2:00am please set your clocks forward one hour or change your clocks before you go to bed on Saturday night. You'll lose an hour of sleep that night, but gain daylight in the afternoon.

Plus, this is always a great time to remind you to change the batteries in your smoke detector.

Daylight Saving Time in the United States begins on the second Sunday of March and continues until the first Sunday of November.



Sink Backups are Co-owner Responsibilities

As is the case with water supply pipes, water drainage lines (whether from the kitchen, bathroom, or laundry area) are unit components and are therefore the maintenance and repair responsibility of individual co-owners to the point where they exit through the underground sanitary sewer system beneath the basement floor slab.

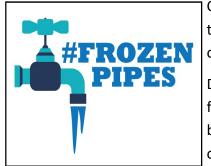
Fixing drainage problems, especially from sinks, sometimes requires cooperation between two adjoining co-owners, whose lines are in the wall that sepa-



rates the units, with ownership extending to the center line. Drain lines may converge to a single line in the wall, requiring a plumber to access the line from one or both units. This is true whether the units are in a B-building or are two townhouses whose kitchens back to each other. In a B-building, of course, fixing sink back ups often requires the cooperation and shared expense of four co-owners/residents.

Always refer to the Chart of Maintenance, Repair and Replacement Responsibilities contained in Policy Resolution 07-01 and found on pages 92-93 of the Glen Handbook.

Pipes Within Units Also Co-owner Responsibilities



Co-owners are responsible for all pipes within their units including those that pass through their units but serve other units. Burst pipes are the coowner's responsibility, so be sure to take precautions.

During the winter months, all residents should shut off water to outside faucets, remove hoses, and open outside spigots. Also, thermostats should be set no lower than 55 degrees to protect indoor pipes. If you are going out of town during the winter months, **DO NOT TURN OFF YOUR HEAT!**

You should also know where your unit's main water supply valve is located so you can quickly shut off the water to your unit if a pipe breaks. If pipes are exposed to cold air, wrap them with insulation. The most vulnerable pipes are along exterior walls and those that bring water into a home or building at its foundation. If you see any leakage on the common intake side of your shut-off valve, call a plumber without delay because water flowing to that segment can only be cut off from outside the building.

During periods of extreme below freezing temperatures outside, keep pipes inside in kitchen cabinets and bathroom vanities warm by opening the doors to the cabinets and vanities to let heat in. Also, keep an upper-floor cold water tap open just enough for a drip to keep water moving through the pipes. Be sure to keep an eye on the tap.



Sewer Repairs Needed in Court 7



The Board recently contracted with Dwyer Plumbing, Heating, and Air (an F.H. Furr partner) for sewer line repairs at 4204 S. 36th Street, #A-2 (Court 7).

Our onsite crew had to first take down the fence, then contractors removed the existing concrete patio and dug 12 feet to repair a cracked sewer pipe line that was below the slab.

Once the work is completed and approved by Arlington County, Berry Paving & Concrete will pour a new concrete patio and the fence will be returned.

Another Reason for Fully Funded Reserves

The Glen is responsible for repairing/replacing the sewer pipes running under basement slabs. This requires that the concrete slabs be jack-hammered up and repaired during the replacement. An added cost is repair of any structural damage to the condition that it was in after the renovation of the units in the 1970's. For example, the Glen would give an owner an allowance equal to the cost of (1) replacing the slab covering with the type of asphalt tiles that were installed after the 1970's conversion but not (2) the cost of porcelain tiles that were installed by a subsequent owner.

The lines under the slabs are aging cast iron pipes that will, sooner or later, have to be replaced. Until now, we have had to dig-out only the easier-to-replace laterals that connect with the County lines. These laterals connect perpendicularly with the two cast iron sewer pipes that run under the slab along the back side of a building. From this connection point, the lateral runs out from under the building and joins with a line that connects to the County line. The cost of replacing even these shorter lateral segments can be considerable. For example, we recently contracted to replace only 18 feet of one lateral running under a slab at a cost of \$10,039, which does not include an allowance for covering the repaired slab.

So far, we have not had to replace any of the longer cast iron pipes running under a slab along the back of each building. But it's a matter of "when," not "if." The cost of could be considerable. For cost economies, we may have to dig-up and replace the entire length of each line running under the back of the basement slab, a repair that would involve every unit in the building. The cost would be reduced if we could re-line these pipes rather than dig-out their entire length; but, relining does not always work and would be more difficult for these harder-to-reach pipes.

To prepare for this type of expense, we need to build-up our reserves, rather than resort to borrowing and special assessments at high interest rates during uncertain economic times. If we do not fully fund our reserves, the Glen's latter-day residents will find themselves to be in a situation where transient, earlier residents who did not contribute to the full cost of replacing old assets moved on, leaving the latter-day residents to get stuck with the entire replacement cost. This has, in fact, been happening in neighboring associations, which have had to resort to special assessments to replace aging assets.

It's Tax Season - Filing Deadlines Coming Soon



Like it or not, tax season is here. If you haven't already filed your federal and/or state tax returns yet, please remember that the 2023 deadline to file federal returns is April 18 because April 15 falls on a Saturday and Emancipation Day (a holiday in Washington, DC) falls on Monday, April 17, 2023. The deadline for Virginia returns is May 1.

If you're due a federal refund, you can start checking on the status of your return using the "Where's My

Refund?" online tool on <u>www.irs.gov</u>. You can check once per day about 24 hours after the IRS receives your e-filed return or four weeks after mailing a paper return. The tool has a tracker that displays progress through three phases: 1) Return Received, 2) Refund Approved, and 3) Refund Sent. All that is needed to use "Where's My Refund?" is the taxpayer's Social Security number, tax filing status (such as single, married, head of household), and the exact amount of the refund claimed on the return.

"Where's My Refund?" is updated no more than once every 24 hours, and usually that's overnight, so there's no need to check the status more than once per day.

Arlington County offers free tax assistance and resources to County residents and Arlington County Library patrons. You must call ahead or go online to schedule an appointment. For more information, visit <u>https://www.arlingtonva.us/Government/Departments/DHS/Public-Assistance/Tax</u>.



Fairlington 5K Returns Next Month

There's still time to register and train for the 8th annual Fairlington 5K & 1Mile Fun Run, which returns on Saturday, April 29 at 8:30am.

The Fairlington 5K & 1 Mile Fun Run is a noncompetitive, family-friendly, dog-friendly event hosted in coordination with the Fairlington Citizens Association (FCA), A Cure for Ellie, and Abingdon Elementary. Their mission is to promote health

and physical fitness, while bringing the community Fairlington 5K runners take off in 2019. together for a good cause. Money raised goes to

support physical education programs at Abingdon Elementary, as well as research into LBSL – a rare brain and spinal cord disease affecting 15-year old Fairlington resident Ellie McGinn.

Over its first seven years, the Fairlington 5K raised over \$160,000 to kick start medical research at the Kennedy Krieger Institute in Baltimore that we hope will cure Ellie's rare, degenerative condition, which slowly robs kids of their ability to walk. The research team is currently exploring a number of potential drug therapies, including small molecule, ASO and gene therapy.

As always, the 5K will start near Abingdon Elementary School, cross the I-395 overpass, wind past the Fairlington Community Center, pass thru the Glen, and then end back at the school. There is an optional 1 mile walk & fun run for families with small children.

Dogs and strollers are always welcome. Temporary road closures will be announced prior to the event so that Fairlington residents can plan accordingly that day.

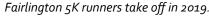
shirt) Kids ages 6-16 5K registration is \$20 / Kids 5 and under are FREE 1 Mile Fun Run/Walk is \$20 for adults / Kids ages 6-16 \$15 / Kids 5 and under are FREE

REGISTRATION INFO

Adult 5K registration is \$40 (register by 3/24 to get a t-

For more information or to register, visit www.fairlington5k.com.

The 2023 Fairlington 5K course.



Looking Ahead to Summer Camps



Arlington County provides summer camps that keep kids engaged, active, and focused on expanding their horizons. Be sure to explore the County's Summer Camp Catalog for 10 weeks of camps from June 20 to August 25, 2023.

This year, they will be staggering registration by camp provider type - Partner camps and Arlington County Parks & Recreation camps.

Partner Camps: Registration begins <u>Tuesday, March 21</u> <u>at 12:00pm noon.</u> / Parks & Recreation Camps: Registration begins <u>Tuesday, March 28 at 12:00pm noon</u>.

Early registration for those who qualify for fee reductions or, for select Park & Recreation camps for individuals with disabilities, begins <u>Monday</u>, <u>March 13 at 12:00pm noon</u>.

Carjacking Incidents Continue; Police Share Tips

The Arlington County Police Department (ACPD) is investigating recent carjackings in the County while reports of similar incidents rise throughout the National Capital Region.

ACPD continues to deploy increased police resources, to include both visible and non-visible assets, in Crystal City and the surrounding neighborhoods where these crimes have primarily occurred. While detectives are working collaboratively with regional law enforcement partners to identify trends, apprehend suspects, and hold them accountable for their actions, they are offering crime prevention tips.

Carjacking refers to the stealing of a victim's vehicle by force, threat or intimidation. In recent cases, carjacking suspects have generally approached victims as they were inside their idling parked vehicles, brandished a firearm and demanded the victim's keys and property. In some cases, the suspects approach the victim by pulling alongside them in a vehicle which is later determined to be stolen. Reported incidents in Arlington have generally involved multiple suspects.

Police remind you to always follow these safety tips:

- When inside your vehicle, keep your doors locked and windows up.
- Exit your vehicle and continue to your destination promptly after parking.
- Be aware of your surroundings when entering and exiting your vehicle.
- Limit your use of devices that may distract you, such as cell phones and headphones.
- Don't leave items unattended or visible in your vehicle.

Arlington County Police officers proactively patrol Arlington's neighborhoods to identify and prevent criminal activity. The department's efforts are enhanced by the active involvement of members of the public. If you observe criminal activity or are the victim of a crime, contact police immediately by calling the Emergency Communications Center (non-emergency) at 703-558-2222 or 9-1-1 in an emergency.

Fairlington Glen Contact List (March 2023)

BOARD OF DIRECTORS

President	Charlie Robbins	3534 S. Stafford	703-907-9842	cbrobbins63@gmail.com				
Vice President	Jeremy Wiedemann	4172 S. 36th	323-434-3260	jmwiedemann.fairlington.glen@gmail.con				
Treasurer	Maynard Dixon	4316 S. 35th	703-909-4562	maynarddixon@verizon.net				
Secretary	Susan Hunchar	4327 S. 36th	703-402-3228	susanhunchar.fairlingtonglen@gmail.com				
At Large	TJ Doyle	4134 S. 36th	202-306-5291	tj.doyle.fairlington.glen@gmail.com				
COURT REPR	ESENTATIVES GROUI	P (CRG) / Chair Michael '	Wells (Court 7)					
1 (27 units)	Allison Merhaut	3507B S. Stafford	412-996-7518	allison.merhaut@gmail.com				
2 (26)	Thora Stanwood	3551 S. Stafford, #A1		thorastanwood@gmail.com				
3 (27)	VOLUNTEER NEEDED							
4 (23)	Elizabeth Dreazen	4133 S. 36th	847-208-0198	edreazen@aol.com				
5 (17)	Florence Ferraro	4118 S. 36th, #B2	703-927-6950	fdferraro1@verizon.net				
6 (24)	Jeremy Wiedemann	4172 S. 36th	323-434-3260	jmwiedemann.fairlington.glen@gmail.com				
7 (16)	Michael Wells	4208 S. 36th	571-429-1018	mike_8453@yahoo.com				
8 (16)	Chris Bell	3617 S. Taylor	850-723-5814	<u>bellcrt@yahoo.com</u>				
9 (22)	Roxanne Sykes	3513 S. Utah	703-567-4865	roxannesykes@comcast.net				
10 (25)	Carol Goodloe	4343 S. 36th	703-232-5142	cagoodloe@comcast.net				
11 (22)	VOLUNTEER NEEDED							
12 (22)	Lori Derkay	3566 S. Stafford	703-379-2895	lori.derkay@outlook.com				
13 (23)	Charlie Robbins	3534 S. Stafford	703-907-9842	cbrobbins63@gmail.com				
14 (14)	Ellen McDermott	4206 S. 35th	703-575-7864	ellenmcdermott@yahoo.com				
15 (36)	Mike Hahn	4270 S. 35th, #A2	703-578-3138	mhahn10262@cs.com				
16 (12)	Maynard Dixon	4316 S. 35th	703-909-4562	maynarddixon@verizon.net				
COORDINATO	ORS and COMMITTEE	<u>CHAIRS</u>						
Archivist	Maynard Dixon	4316 S. 35th	703-909-4562	maynarddixon@verizon.net				
Basketball	Patrick Murray	4144 S. 36th	703-945-5224	pgmurray@att.net				
Finance	Maynard Dixon	4316 S. 35th	703-909-4562	maynarddixon@verizon.net				
Glen Echo	Jay Yianilos			jasonyianilos@yahoo.com				
Landscape	VOLUNTEER NEEDED		glenlandscaping@gmail.com					
Pool (co-chairs)	Lori Derkay - 703-379-2895 lori.derkay@outlook.com / Carol Goodloe - 703-232-5142 cagoodloe@comcast.net							
Tennis (co-chairs)	Carol Goodloe - 703-232-5	142 cagoodloe@comcast.net /	Sandy Thurston - 7	03-244-2761 <u>sandy2swim@gmail.com</u>				
Variance	Greg Lukmire	4234 S 35th	703-795-5865	glukmire@verizon.net				
Onsite Staff	María Castro and Nelson Ordoñez 703-820			fairlingtonglenstaff@hotmail.com				
Property Manager	Candace Lewis, Cardinal Management 703-565-5244			c.lewis@cardinalmanagementgroup.com				
Onsite Manager	Amy Steliga (Amy's office hours: Monday	thru Thursday 10:00am - 2:00pm	a.steliga@cardinalmanagementgroup.com remote)					
EMEDCENCV	NUMBED (after busines	ss hours and on wookonds	and halidays) 7	02 560 5707				

EMERGENCY NUMBER (after business hours and on weekends and holidays) 703-569-5797

NOTE: The Glen does not retain contractors for, or allow staff to undertake, repairs that are a co-owner responsibility under its By-laws (such as sink backups), absent emergency where the co-owner is unable to act (disabled, out-of-town, etc.).

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Bulk Trash Pick Up
5	6	7	8	9	10	11
12 DAYLIGHT SAVING TIME BEGINS	13	14 Board Meeting - 6:30pm	15	16	17	18
19	20 Think Spring	21	22	23	24	25
26	27	28	29	30	31	

April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 APRIL FOOLS DAY Bulk Trash Pick Up
2 Palm Sunday	3	4	5	6 Phappy N. Pussovely	7	8
9 Happy Easter!	10	11 Board Meeting - 6:30pm	12	13	14	15
16	17	18 TAX DAY	19	20	21	22
23	24	25	26	27	28	29 Fairlington 5K - 8:30am
30						