



Prince William 4-H

Our Clubs, Our Community



May 19, 2021

Everything You Need to Know - 4-H 5K Race Edition

PWC 4-H 5-K and 1-Mile Fun Run - THIS SUNDAY!

Hydrate...carb load...lace up your sneakers and stretch! The event we've been training for is here! Here's the timeline for Sunday:

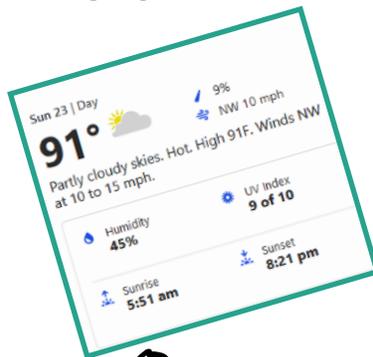
- 6:30 am** Volunteer Set-Up at the PWC Fairgrounds
- 7:45 am** Race Packet Pickup & Bake Sale (tent in the mid-way);
Race "heats" will be selected at check-in
- 9:00 am** And they're off! First heat of in-person 5K Race begins
- 9:03 am** Second heat of in-person 5K Race begins
- 9:06 am** Third heat in-person 5K Race begin
- 10:00 am** 1-Mile Fun Run begins
- 10:30 am** Raffle Drawings and Bake Sale
- 11:00 am** Clean-up

Early Race Packet Pick-Up
Saturday, May 22nd
3:30-5:30 pm
PWC Fairgrounds, Children's Barn

It's going to be a **BEAUTIFUL** day!

Don't Forget to eat a carb-loaded breakfast, wear sunscreen and sunglasses, and wear good running shoes.

Be sure to **bring your raffle tickets** for your chance to win one of 7 fun-filled 4-H activity bags! Additional raffle tickets may be purchased onsite.



**weather prediction as of Wednesday*

On your mark...get set...GO!


PWC 4-H 5K AND 1-MILE FUN RUN
 May 23rd
HEAD


HEART


HANDS


HEALTH

Upcoming Events

- May 20** - 4-H Camp Counselor Training, 7 pm
- May 21** - PWC Scholarship Applications Due
- May 23** - PWC 4-H 5K RACE DAY!
- May TBD** - PWC 4-H Senior Event
- Jul 18-22** - 4-H Junior Camp
- Aug 16-20** - 4-H Day Camp
- Sep 9-12** - 60th VA State Championship Horse & Pony Show

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Click to Visit





VOLUNTEER YOUR TIME & TALENTS

The PWC 4-H 5K is a volunteer run event hosted by the PWC 4-H Association. We need our members to volunteer their time and talents to get to the finish line!

BAKE SALE DONATIONS

Calling all bakers! Support the PWC 4-H Association by donating your homemade treats to our bake sale. Please individually wrap treats and drop them off at the bake sale table at 8 am on Sunday. [Visit our PWC 4-H 5K Volunteer Sign Up Genius page to sign up.](#)



I pledge my **HEAD** to clearer thinking, my **HEART** to greater loyalty, my **HANDS** to larger service, and my **HEALTH** to better living, for my club, my community, my country, and my world.



VOLUNTEER

This event is not possible without volunteers like you! Please consider donating your time and talents to making our first annual PWC 4-H 5K a success. [Visit our PWC 4-H 5K Volunteer Sign Up Genius page and lend a helping hand!](#)

Race Day Volunteer Opportunities:

- Raffle Table Attendant
- Bake Sale Table Attendant
- Announcer
- Registration Table
- Time Recorders
- First Aid Station



The *Move it Monday!* crew using their time and talents to create posters for race day!

A HUGE thank you to Amazon Web Services for supporting the PWC 4-H 5K and 1-Mile Fun Run!



Be sure to add PWC 4-H as Your Charity to Amazon Smile!

Want to help make a difference while you shop in the Amazon app, at no extra cost to you? Simply follow the instructions below to select "Prince William County 4-H Association" as your charity and activate AmazonSmile in the app. They'll donate a portion of your eligible mobile app purchases to us.

How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Prince William County 4-H Association" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app

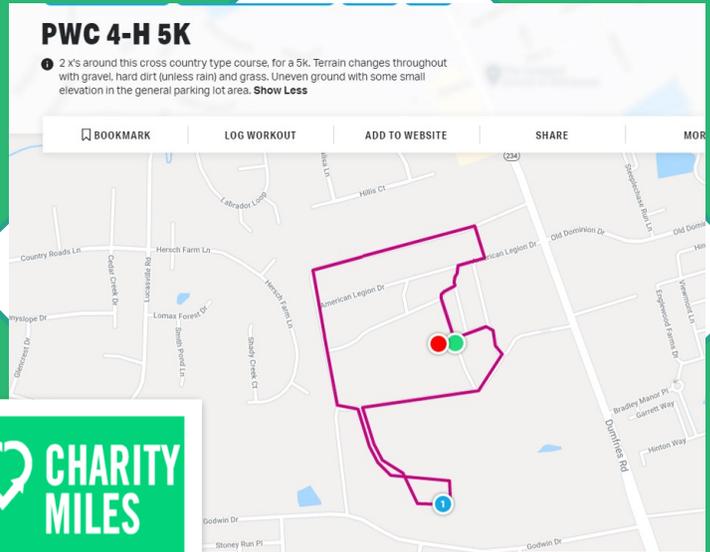
YOU'VE TRAINED FOR THIS! SHOW THEM HOW IT'S DONE!

RUN

Today you are running to support over 600 local youth in their strive towards leadership, environmental stewardship, civic engagement, community service and so much more!

We're changing lives - one step at a time.

And speaking of steps, be sure to join Team #Pwc4h on the Charity Miles App and select Feeding America prior to race day. You'll double your race day community service efforts by supporting both PWC 4-H and local food banks through Feeding America.



Over 30 4-H team members have logged over 7,000 miles!



It's Not too Late to Choose Your Race:

We need just 13 more registrations to meet our goal!

<p>\$30</p> <p>In-Person 5K Date: Sunday, May 23rd Time: 9 am Location: PWC Fairgrounds, Manassas <i>Register by 8am on May 22nd</i></p>	<p>\$10</p> <p>In-Person 1-Mile Fun Run Date: Sunday, May 23rd Time: 10:15 am Location: PWC Fairgrounds, Manassas <i>Register by 8am on May 22nd</i></p>
<p>\$20</p> <p>Virtual 5K Dates: Sun., May 23rd - Sat., May 29th <i>Register by 11:59pm on May 22nd</i></p>	<p>\$10</p> <p>Virtual 1-Mile Fun Run Dates: Sun., May 23rd - Sat., May 29th <i>Register by 11:59pm on May 22nd</i></p>

invite your family and friends!

Register today!

[Click here to register and choose your race!](#)

WHAT'S YOUR GOAL?



Are you running to challenge yourself?

Are you practicing what you've learned?

Maybe add in a little friendly competition and try to outrun your 4-H Leader!



alison@imageprep.com
www.imageprep.com

THANK YOU PWC 4-H'er Alison Dixon for lending your talents to the PWC 5K and 1-Mile Fun Run! Alison designed the race flyer that was distributed to local businesses and attended meetings to recruit participants. Thank you for contributing to the success of our new, annual event!

Virginia 4-H Congress Across the Commonwealth

Date: June 25-27, 2021

Location: Northern Virginia 4-H Educational Center

REGISTER at 4honline BY MAY 27th

**** limited to 75 participants ****



The mission of **Congress Across the Commonwealth** is to provide competitive and non-competitive educational experiences to Virginia teens and the adults who work with them – helping them to develop life skills and leadership abilities to become contributing citizens in their communities.

Due to the ongoing COVID-19 pandemic, this year's Congress will be in a unique format that will allow participants to attend in-person while still adhering to guidelines for health and safety. We know this is going to be a wonderful event that all 4-H'ers can enjoy!

[Click here for detailed information and how to register.](#)

2021 State 4-H Competitions - *Submissions due May 28!*

Competitions will be held virtually for 2021. In order to register for 4-H Competitions at congress, youth will complete the registration and submission information through submittable, <https://va4h.submittable.com/submit/193246/4-h-congress-competitions>. This will be a different format than previous years. Competitions will use two types of format depending on category. First is pre-recorded; these competitions will be videos captured by the competitor and uploaded into the system on or before May 28th. The second will be "live sessions." Most of these sessions will be recorded live, but will be judged based on the recording. Extemporaneous Speaking will be live recorded on June 3rd. 4-H Food Challenge video submissions will be due on June 3rd. More information will be sent to those registering for these events. Also you can find more specifics for competitions here: <https://ext.vt.edu/4h-youth/competitions.html>.



PW 4-H Day Camp & Junior Camp

4-H JUNIOR CAMP: JULY 18-22, 2021

Northern Virginia 4-H Educational Center, Front Royal

4-H Junior Camp is a five-day, four-night camp for youth ages 9-14 held at the Northern Virginia 4-H Educational Center in Front Royal, Virginia. Youth explore new interests, enjoy swimming and recreation and participate in evening activities and campfires. Registration forms will be accepted in person only along with payment for 4-H Junior Camp on a first-come, first-serve basis.

4-H SUMMER DAY CAMP: AUGUST 16-20, 2021

PWC Fairgrounds, Manassas

4-H Day Camp is a day camp for youth ages 5-12 held during the week of the annual County Fair at the Prince William County Fairground. Youth learn and grow in a safe and exciting environment through creating arts projects, exploring fair exhibits, and enjoying team games and activities.

Both camps are open to youth residing in Prince William County, Manassas City and Manassas Park. All registrations will be completed online through the registration websites. No mailed or early registrations will be accepted. Camping slots are filled on a first come, first served basis.

[Click here for more information about 4-H Camps and to register!](#)

DAY CAMP COUNSELOR ZOOM MEETING THURSDAY AT 7PM!

[Click here to join via ZOOM.](#)



ADULT VOLUNTEERS are needed to ensure we have a great camp experience! If you are willing to help, we would love to have you join us for whatever time you can give, 8:30 am-1:00 pm M-F on August 16th-20th. Chaperones, group facilitators, snack distributors...let us know that you want to help and we will find you a spot! [Adult volunteers can register here.](#) Questions? Please contact [Emily \(ecloe@pwcgov.org\)](mailto:ecloe@pwcgov.org) or [Kristin \(ksaul@pwcgov.org\)](mailto:ksaul@pwcgov.org).

Scholarship Opportunities for PWC 4-H'ers

DUE FRIDAY!



Bernard Malo Scholarship

Bernard Malo was a past leader of the Trigger Time 4-H Shooting Education Club. Bernie, a 4-H All Star, was active at the local, district, and state level and gave much to the youth of Virginia. His family, who are all 4-H'ers and friends, started a scholarship fund to honor his memory. Trigger Time 4-H Club members have continued to help this scholarship fund grow. This scholarship is for higher education for those entering as a freshman into any four year college, community college or vocational school. Amount of scholarship may vary from year to year. Two letters of reference are required to be submitted with the application, and more are acceptable. The scholarship review committee may consist of Trigger Time 4-H adult volunteers, other 4-H adult volunteers and/or 4-H staff. Those applying from Trigger Time Shooting Sports 4-H Club will be given first consideration for this scholarship. The review panel for this scholarship will meet and decide before the end of the high school year. **Applications must be received by May 21st.** [Click here to apply.](#)



Joanne Guhl Scholarship

Joanne Guhl was a member of the Boots and Saddles 4-H Club who died in a tragic automobile accident in 1984. Her parents honor her memory by awarding a college scholarship to a 4Her. Applicants must be enrolled the Prince William County 4-H program and must have been accepted at an institution of higher learning. Preference is given to 4-Hers pursuing a career in animal science. **Applications must be received by May 21st.** [Click here to apply.](#)

Shooting Education Camp - *Register today!*

We are happy to announce that Shooting Education Camp is available this summer!

When: August 8-12, 2021

Where: Holiday Lake 4-H Educational Center

Who: Youth ages 12-16 with an interest and/or experience in shooting sports.

[Click here to register for Shooting Education Camp.](#) **The deadline to register is July 12,**



BOGS Design Your Own 4-H Boot Competition - *Entries due by June 1st*

BOGS Design a Boot 4-H Themed Contest is now open! BOGS is asking for kids and adults to help design the next limited-edition BOGS 4-H boot. For inspiration, participants are encouraged to draw something that represents a 4-H activity or their own 4-H experience for the chance to have their design reproduced on the limited-edition boots. This contest is open to both kids and adults, and designs will be accepted through June 1. [Click here to learn more about the contest and how to enter.](#)



VA Ag Week Photo Contest - *Entries due by May 31st*

We want to see Virginia agriculture through your eyes! In celebration of VA Ag Week, June 13 - 19, the Virginia Department of Agriculture and Consumer Services is hosting the Virginia Agriculture Week Photo Contest. Entering is simple. Just capture images that best depict agriculture in Virginia and submit your entries to webmaster.vdacs@vdacs.virginia.gov by May 31. Contest entry is free and you may submit as many entries as you like. In addition to great prizes, the winning photo will be prominently featured in the 2022 edition of the Virginia Agriculture magazine. Submitted photo entries may be used in future VDACS' publications or within social media campaigns to highlight the diversity of Virginia agriculture. [Click here for more information.](#)



**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

[PCW 4-H](#)

[Virginia State 4-H](#)

[National 4-H](#)



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I AM



4-H PROUD

PWC 4-H Resources

National 4-H

[National 4-H Homepage](#)

Virginia 4-H

[VCE 4-H](#)

[Complete Phase III Social Distancing Guidelines](#)

[Resources for 4-H Enrollment](#)

[4-H Risk Management Forms](#)

[4-H Online Information](#)

[The 4-H Foundation](#)

[Promotional Materials](#)

[4-H Awards and Recognition Forms](#)

[4-H All Stars](#)

[Resources for 4-H Animal Sciences](#)

[Resources for 4-H Citizenship](#)

[Resources for 4-H Club Management](#)

[Resources for 4-H Communication & Expressive Arts](#)

[Resources for 4-H Competition & Scoring Aids](#)

[Resources for 4-H Curriculum & Delivery](#)

[Resources for 4-H Family Sciences](#)

[Resources for Food, Nutrition and Health](#)

[Resources for 4-H Leadership & Personal Development](#)

[Resources for 4-H Natural Resources & Environmental Education](#)

[Resources for 4-H Plants, Soils & Entomology](#)

[Resources for STEM](#)

Prince William 4-H Association

[PWC 4-H Homepage](#)

[PWC 4-H Programs](#)

[PWC 4-H Camps](#)

[PWC 4-H Events & Calendar](#)

[Funding Request Form](#)

Portfolio Records (coming soon)

Member Record

Member Record - editable

Project Record Ages 9-10

Project Record Ages 11-12

Project Record Ages 13-15

Project Record Ages 16-19

**2020-2021 PWC 4-H
Association Officers**

Youth Officers

Samantha Whysong, President

Kayla Dixon, Vice President

Alexis Cox, Treasurer

Secretary- Vacant

Adult Officers

Matt Valentino, President

Alan Lerch, Vice President

Sydney Nguyen, Treasurer

Tom Harrigan, Secretary

Committee Chairs

Fundraising Committee - Samantha Whysong

Recognition Committee - Alan Lerch

Membership Committee - 4-H Staff

