

A roster of versatile venues, exciting professional and collegiate sports teams and monument-starring endurance races make DC a one-of-a-kind sports destination. Root for the nation's capital as you explore this three-day itinerary.

DISTRICT OF CHAMPIONS ITINERARY





GET ACTIVE ON THE NATIONAL MALL



- Get your legs pumping with a <u>bike tour</u> of the monuments and memorials on the National Mall
- Check out the <u>National Park Service Junior Ranger program</u> to learn how you can be sworn in as an honorary ranger



TAKE A TIME OUT AT THE SMITHSONIAN INSTITUTION'S NATIONAL PORTRAIT GALLERY

- Salute legendary sports icons during a visit to the <u>Champions exhibit</u>
- Get to know <u>DC's homegrown legends</u> making an impact around the world

TAKE A SWING WITH GOLF DC



- View a truly unique DC experience <u>golfing</u> in a National Park and learn a bit of the <u>course histories</u>
- Listen to the remarkable history of the Mini Golf Course at East
 Potomac, listed on the National Register of Historic Places as the
 oldest continually operating miniature golf course in the USA

WATCH THE WOMEN ATHLETES OF DC



- Watch a <u>documentary</u> about the WNBA's Washington Mystics and their 2019 championship run. Learn more about their dedication to the <u>District</u> of <u>Change</u> and the team's support of local <u>neighborhoods</u>
- Live the Washington Spirit by checking out their <u>Twitch feed</u>. Become a spirited fan like <u>PK Penelope Kix</u> the team mascot!
- Support the <u>DC Rollergirls'</u> inclusivity and community support. Check out the <u>Smithsonian's look at the organization's history</u>

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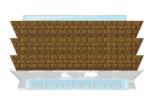


















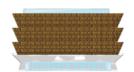
KAYAK OR PADDLEBOARD ON THE DC WATERWAYS

- Join Anacostia Riverkeeper for a virtual introduction to the Anacostia River in our <u>Discover the Real DC video</u>
- Let the water lead the way with a personal perspective of the <u>Potomac River by kayak</u>
- Learn more about the wildlife found on the river with a Wildlife Tour



GET TO KNOW ROOSEVELT ISLAND

- <u>Discover the history</u> of this National Park Service site
- Explore the <u>nature trails</u> for a relaxing walk



STEP INSIDE THE SMITHSONIAN INSTITUTION'S NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE

- Journey through the history, struggle and impact of the Black athlete
- Take a closer look at athletes as activists



TAKE PRIDE IN TEAM DC

- Get familiar with the many <u>sports leagues</u> established to educate the LGTBQ+ community on the benefits of individual and team sports participation
- Learn more about the <u>Washington Renegades</u>, the first gayfriendly rugby club in the United States, and the <u>Washington, DC</u> <u>Furies</u>, one of the oldest women's rugby clubs in the nation

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TAKE A MORNING HIKE THROUGH ROCK CREEK PARK

- Watch our <u>Discover the Real DC video</u> on why DC is nicknamed "The City of Trees"
- Join <u>Casey Trees</u> to discover the species found in the nation's capital



DIVE INTO THE SMITHSONIAN INSTITUTION'S NATIONAL MUSEUM OF AMERICAN HISTORY

- Scour more than 6,000 objects in the museum's <u>Sports & Leisure</u> collection
- Find the many <u>artifacts</u> that highlight the sports involvement of People with Disabilities





- capitals
- Relive the Washington Nationals' <u>Game 7 win</u> in the 2019 World Series, become
 your family's <u>DC baseball historian</u>, read up on DC's renowned <u>Homestead</u>
 <u>Grays</u> of the Negro Leagues and cheer for your favorite commander-in-chief
 during the <u>President's Race</u>
- Get acclimated with Major League Soccer's first dynasty, <u>DC United</u>. Learn the <u>district's hidden soccer history</u> and explore the journey from <u>RFK Stadium</u> to <u>Audi Field</u>
- Dribble through <u>DC's basketball history</u>, from Howard University to the Washington Bullets to the Washington Wizards. Meet the uniquely co-ed <u>Wizards Dancers</u> and check out lessons on <u>at-home drills</u>, <u>science</u>, <u>physics</u> and <u>reading</u>
- Relive the celebration of the Washington Capitals' <u>2018 Stanley Cup win</u>, <u>meet Captain</u> (the Capital's first service dog in training) and get to know the team in more depth by tuning in to the <u>Between Two Blue Lines podcast</u>