



# DISTRICT OF CHAMPIONS

## ITINERARY

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.

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## DAY 1



### GET ACTIVE ON THE NATIONAL MALL



- Get your legs pumping with a [bike tour](#) of the monuments and memorials on the National Mall
- Check out the [National Park Service Junior Ranger program](#) 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 [Champions exhibit](#)
- Get to know [DC's homegrown legends](#) making an impact around the world



### TAKE A SWING WITH GOLF DC

- View a truly unique DC experience – [golfing](#) in a National Park – and learn a bit of the [course histories](#)
- 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

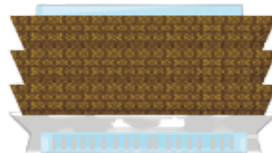
### WATCH THE WOMEN ATHLETES OF DC



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

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## DAY 2



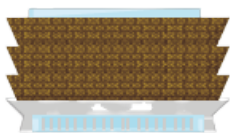
### KAYAK OR PADDLEBOARD ON THE DC WATERWAYS

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



### GET TO KNOW ROOSEVELT ISLAND

- [Discover the history](#) of this National Park Service site
- Explore the [nature trails](#) 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](#)



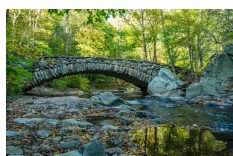
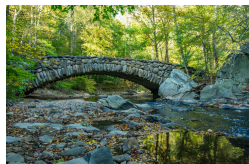
### TAKE PRIDE IN TEAM DC

- Get familiar with the many [sports leagues](#) established to educate the LGBTQ+ community on the benefits of individual and team sports participation
- Learn more about the [Washington Renegades](#), the first gay-friendly rugby club in the United States, and the [Washington, DC Furies](#), one of the oldest women's rugby clubs in the nation



# DISTRICT OF CHAMPIONS ITINERARY

## DAY 3



### TAKE A MORNING HIKE THROUGH ROCK CREEK PARK

- Watch our [Discover the Real DC video](#) on why DC is nicknamed “The City of Trees”
- Join [Casey Trees](#) 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 [Sports & Leisure](#) collection
- Find the many [artifacts](#) that highlight the sports involvement of People with Disabilities

### TAKE IN THE MEN'S SPORTS TEAMS OF DC

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

