

HealthReach Community Health Centers



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07/02/2015
FOR IMMEDIATE RELEASE

Pre-Register for the Richmond Area Health Center 5K Race!

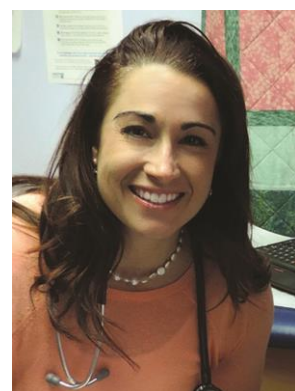
RICHMOND – The fifth annual Richmond Area Health Center 5K and 1-Mile Fun Run/Walk will take place Saturday, July 25, as part of the 2015 Richmond Days festivities. The course will wind through historic downtown Richmond, beginning and ending at the health center. Dogs are welcome on the 1-Mile Fun Run/Walk!

The 1-Mile Fun Run/Walk will begin at 7:45 AM and the 5K race will start at 8:00 AM.

Registration for both events begins at 7:00 AM in the health center parking lot located on 24

Gardiner Street. The event is sponsored by the Richmond Area Health Center Community Board of Directors and managed by 5K Sports.

Everyone is encouraged to pre-register online at <http://running4free.com/RaceDetails.aspx?raceid=130> or by visiting www.RichmondCHC.org and clicking the registration link. Registration forms are also available at Richmond Area Health Center. For more information, call the health center at (207) 737-4359.



Meneah Haworth, FNP
and event founder

Pre-registration for the 5K event is \$25, which includes an event tech t-shirt, or you can enter for \$15 and choose not to order a shirt. Day-of registration fee is \$30 or \$20 with no shirt. Pre-Registration for the 1-Mile Fun Run/Walk is \$20.00,

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which includes an event tech t-shirt, or you can enter for \$10 with no tech t-shirt. Proceeds from the race will benefit the Richmond Area Health Center.

“I am so excited that this event continues to grow,” said Meneah Haworth, FNP and event founder. “The Richmond community has embraced this event from the beginning and continues to support our goal to get people outside and moving. I hope everyone can join us!

Prizes will be awarded for overall male and female winners, as well as top male and female finishers in 15 age divisions. Complimentary pre and post run massages will be provided by Richmond Family Chiropractic. Food and refreshments will be provided by the Richmond Area Health Center Board of Directors and staff for all registered runners/walkers during the awards ceremony. Tech t-shirts are available for purchase on the day of registration on a first-come, first-served basis.

Richmond Area Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality health care to citizens in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit celebrating a 40-year history, HealthReach is funded by patient fees, grants and individual donations.

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