

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

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

RICHMOND – The fourth annual Richmond Area Health Center 5K and 1-Mile Fun Run/Walk will take place Saturday, July 26, as part of the 2014 Richmond Days festivities. Last year's event was a big success and this year's is slated to be even better.

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.

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, 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 and Richmond Food Pantry.

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.

"I'm looking forward to our 4th Annual 5K and Fun Run," said Meneah Haworth, FNP. "It is great to see that interest in the race has only grown each year. Not only is this a great opportunity to exercise, it's also a great opportunity to be involved with the community and have some fun!"

Prizes will be awarded for overall male and female winners, as well as top male and female finishers in 15 age divisions. 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 serve basis.

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

Richmond Area Health Center is one of 11 Federally Qualified Health Centers of HealthReach Community Health Centers located throughout Central and Western Maine, dedicated to providing high quality health care to individuals from birth

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through retirement and beyond. We also assist people with applications for programs that help with the cost of health care, medications and laboratory services and enrollment in the new Health Insurance Marketplace. HealthReach is a private, non-profit organization that has been serving the communities of Maine for 39 years.

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Attached photo: Richmond Staff 2013.jpg

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