

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

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

The Race will take place at the Health Center on July 28 During Richmond Days

RICHMOND – The Richmond Area Health Center 5K and 1-Mile Fun Run/Walk has returned and will take place **Saturday, July 28**, as part of the 2017 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://www.running4free.com/RaceDetails.aspx?raceid=437>. Preregistration ends on Friday July 27 at 4:00 p.m. For more information, call the health center at (207) 737-4359.

Preregistration for the 5K event is \$17 for adults, \$12 for students and kids. Families of 3 or more can preregister for \$27. **Race day registration** is \$20 for adults, \$15 for students and kids. Families of 3 or more can register for \$30 on race day. Pre-Registration for the 1-Mile Fun Run/Walk is \$7, and \$10 on race day. Proceeds from the race will benefit Richmond Area Health Center.

Awards Ceremony will follow the race at approximately 9:15 AM. A grand prize will be awarded for top overall male and female runners. Additionally, all runners will be entered into a participation prize drawing. 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.

Richmond Area Health Center is also holding their Annual Summer Raffle. The prizes include a beautiful handcrafted Wood Duck Kayak, a 43-inch Smart TV, and a Char Broil 2-Burner Gas Grill. Three winners will be drawn: 1st ticket gets first choice of the three items, 2nd chooses between the remaining 2 items, 3rd ticket will receive the final item. Winners will be announced during the Richmond Days fireworks display. You need not be present to win.

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Richmond Area Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Richmond offers a range of services including family medical care, counseling, and care management to residents of Richmond, Gardiner, Litchfield, Dresden, Bowdoinham, Augusta, Pittston, and neighboring towns. A reduced fee program is available to uninsured and underinsured residents.