

THIS EVENT IS TO BENEFIT
THE LLOYD F. MOSS FREE CLINIC



Celebrating 23 Years of Service!!!

For over 23 years, the Lloyd F. Moss Free Clinic's mission has been to provide free of charge, nondiscriminatory, quality health care services to the medically indigent residents throughout Caroline, King George, Spotsylvania, and Stafford counties and the City of Fredericksburg.

The Clinic is a nonprofit, community based, volunteer-driven organization committed to providing access to quality health care services to low-income uninsured area residents. Particular emphasis is put on prevention and individual patient education, as well as providing early intervention to prevent and/or treat illness and disease.

The Lloyd F. Moss Free Clinic believes that no one should go without health care. Our program provides medical, dental and mental health care as well as pharmacy services and specialty referrals to eligible patients.



The Lloyd F. Moss Free Clinic
1301 Sam Perry Blvd., Fredericksburg, VA 22401
540-741-1061 / www.mossfreeclinic.org

7th Annual Lloyd F. Moss Free Clinic 5K Run/Walk



Running for a Healthier Community

April 30th, 2017

Registration NOW Open!

Register online
www.tinyurl.com/MFC5k2017

Great Cause with Awesome Prizes!
Food, Refreshments and Live Music Post-race!
All Fitness Levels Invited - Fun for the Whole Family!
Start/Finish @ Lloyd F. Moss Free Clinic
1301 Sam Perry Blvd., Fredericksburg, VA 22401

Come join the fun this Spring!

LOCATION: Start and finish at the Moss Free Clinic, 1301 Sam Perry Blvd., Fredericksburg, VA.

CHECK-IN TIME: 7:15 am - 8:15 am

START TIME: Promptly at 8:30 am

FEES: \$18 Early Bird (Jan 1-31), \$25 General (Feb 1– Mar 31), \$30 Late (Apr 1-15). Children <6 FREE with registered adult (*See opposite page for Info*)

FUNDRAISING PROGRAM: Runners/Walkers are invited to participate in an **“Fundraising Program”** to raise additional funds to support the mission of the Moss Free Clinic. There is a **Top Individual Fundraiser** prize. More information will be emailed to you after registration is complete.

Online Registration available at:
www.tinyurl.com/MFC5k2017

RACE/WALK PACKET PICK-UP:

Lloyd F. Moss Free Clinic — Friday, April 28th from 10:00 am-5:00 pm

Lucky Road Run Shop — Saturday, April 29th from 10:00 am - 4:00 pm. **NOTE:** Pre-registered participants who cannot attend the above pick-up times may pick up packets on race day after 7:00 am. Packets will NOT be mailed.

RACE DAY REGISTRATION: We will open registration up on race-day starting at 7:00am. **Cost: \$30** (t-shirts may not be available).

COURSE: USATF Certified Course

CHIP TIMING: Participants shall return the Timing Chip to *Race Timing Unlimited* at the end of the race. Persons not returning their chip will be billed \$10.

AWARDS: Courtesy in part by Lucky Road Run Shop, gift certificates will be awarded to the overall top 3 males & females and to the top male and female in the following age groups: 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80 & over. Medals will be awarded to the top 3 male & female child in the following age groups: 8 & under, 9-14, and 15-19.

SPONSORSHIP: Sponsor the Moss Free Clinic 5k and be a part of the solution for our medically uninsured neighbors. Call **Lisa Mugavero @ 540-741-3715**.

VOLUNTEERS NEEDED: Volunteers are needed on race-day for set up, clean up, and to man the water station(s). We also need course marshals (must be 18 or older). If you would like to volunteer at the race, please contact our Volunteer Coordinator, **Andrea Springer-Collings @ 540-741-3590**.

2017 Moss Free Clinic 5K

Registration Form

Name of Runner/Walker _____

M/F (circle) **Date of Birth (MM/DD/YYYY)** _____

Address _____

City _____ **State** _____ **Zip Code** _____

Email Address _____

Day Phone _____ **Cell#** _____

Registration Fees: Please check appropriate line below

_____ \$25.00 - if postmarked **BY April 1, 2017**

_____ \$30.00 - if postmarked **AFTER April 1, 2017 (all entrants)**

_____ \$20.00 (Teams: 5+) **Team Name** _____

_____ \$20.00 - Fredericksburg Area Running Club (*FARC Members Only*)

_____ **FREE** - child <6 yrs of age (w/registered adult)

Donation: I would like to include a personal donation of: (*please check box*)

\$5 \$10 \$15 \$20 Other \$_____

Make checks payable to the **Moss Free Clinic** and mail to:
Moss Free Clinic, Attn: Lisa Mugavero, Event Coordinator
1301 Sam Perry Blvd, Fredericksburg, VA 22401

(Registration Fees are not refundable and must accompany Form)

Entry fee includes T-shirt (T-shirts not guaranteed after **April 1, 2017**)

T-Shirt Size (circle one) **Adult Sizes:** **S M L XL 2XL**

Youth Sizes: **S M L**

Entrant's Release: Entry invalid if not signed. In consideration of the foregoing, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my participation in this event, or while I am on the premises of the event. I hereby release any sponsors, promoters, contributors and all other entities associated with this event and their agents, or employees from any or all injury or damage, whether such injury or damage be caused by negligence. This includes but is not limited to, Moss Free Clinic, the City of Fredericksburg, and Mary Washington Health Care. I also grant permission to use my/my child's likeness for publicity of the event. I have read the release and certify my agreement or my parent's or guardian's if <18 years of age.

Signature (Parent or Guardian if minor):

DATE _____