

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



Celebrating 25 Years!!!

For over 25 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
MOSSFREECLINIC.ORG

9th Annual

Lloyd F. Moss Free Clinic

5K Run/Walk Benefit

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Presented by

**Fredericksburg Orthopaedic
Associates, P.C.**



Running for a Healthier Community
April 28, 2019

Registration NOW Open!

Register online

www.tinyurl.com/MFC5k2019

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 & finish at the Lloyd F. Moss Free Clinic, 1301 Sam Perry Blvd., Fredericksburg, VA 22401.

CHECK-IN TIME: 7:15 am - 8:15 am **START TIME:** Promptly at 8:30 am

FEES: \$18 *online-only* (Jan 1-31), \$25 General (through Mar 31st), \$30 Late (Apr 1-15). Children 5yrs & under FREE w/registered adult (**See opposite page for more**).

Register Online:

www.tinyurl.com/MFC5k2019

RACE/WALK PACKET PICK-UP:

Lloyd F. Moss Free Clinic — Friday, April 26th from 12:00n -5:00 pm.

Location TBD — Saturday, April 28th from 10:00 am - 4:00 pm. **NOTE:** you may pick up your packet on race day after 7:00 am. Packets will *NOT* be mailed.

RACE DAY REGISTRATION: We will open registration on race-day starting at 7:00am.

Cost: \$35 for ALL participants (t-shirt not guaranteed).

COURSE: USATF Certified Course. Familiarize yourself with the route by visiting our event site: tinyurl.com/mfc5k2019.

CHIP TIMING: Participants will receive a timing chip at the start of the race on race-day. Participants must return their Timing Chip to *Race Timing Unlimited* at the end of the race. Persons not returning their chip will be billed \$10.

AWARDS: 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. Visit www.tinyurl.com/MFC5kSponsor19 or email us at events@mossfreeclinic.org for more information.

VOLUNTEERS NEEDED: Volunteers are needed on race-day to perform various jobs such as 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 us at events@mossfreeclinic.org.

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

*** Registration fees are not refundable and must accompany a completed Registration Form ***

2019 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: _____

Day Phone #: _____

REGISTRATION FEES: Please check appropriate line

| | Postmarked | Before 4/1/18 | After 4/1/18 |
|-------------------------|------------|---------------|---------------|
| General Registration: | _____ | \$25.00 | _____ \$30.00 |
| Team (5+ participants): | _____ | \$20.00 | _____ \$25.00 |
| Team Name: | _____ | | |
| FARC Members (only) | _____ | \$20.00 | _____ \$25.00 |
| Child (5yrs & under) | _____ | FREE | |
| Race Day Registration | _____ | \$35.00 (ALL) | |

Donation: I would like to include a personal tax-deductible donation of

\$5 \$10 \$25 \$50 Other \$ _____

Total Amount Enclosed: \$ _____

Entry fee includes a T-shirt (t-shirt not guaranteed after **April 10, 2019**)

Circle one: Adult **XS S M L XL 2XL** Youth **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.

_____ **DATE**

Signature (Parent or Guardian if minor): _____