

# 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 22 During Richmond Days**

RICHMOND – The Richmond Area Health Center 5K and 1-Mile Fun Run/Walk has returned and will take place Saturday, July 22, 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 21 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.

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.

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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. Dedicated providers deliver high quality medical and behavioral 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 with a 42-year history, HealthReach is funded by patient fees, grants and individual donations.