



Arlington County Medical Society

**Jennifer Bush-Lawson 5K Race**  
**Team ACMS**

[VHC/Surgical Specialists](#)  
[Allergy Associates of Northern Va](#)  
[COMPASS | Hive Residential](#)  
[Dominion Anesthesia](#)

Saturday, November 21

**Bluemont Park**

601 N. Manchaester St.  
Arlington, VA

8:15 a.m - 5K Race Start  
Team meets at 7:45 am

Join [ACMS](#) members and friends for the Jennifer Bush-Lawson 5K on Saturday, November 21. Let's show our community some "Fitness is Medicine" spirit and run/walk this event together or at your own pace.

1) Register online directly with [JBL Foundation](#) for the 5K event. When you register you must click "JOIN A TEAM" and select "ACMS: Fitness is Medicine" to be grouped with us. There is NO EVENT DAY REGISTRATION.

ACMS friends get 15% discount – please use code: 2020ACMS

This race is capped at 250 runners this year but we have an allotment of 30 runners – so please register early! If you wish, you may raise additional funds for this local charity supporting economically vulnerable moms/infants in Arlington (at VHC).

2) RSVP with us - so you can register to claim our group's team swag (neck band/gaiter) with our cool logo! Supplies are limited – first come, first served!

**Email Michelle: [arlcoms@starpower.net](mailto:arlcoms@starpower.net)**

3) Show up at **7:45 am in front of Bag Check (or TBD)**, get your team swag and take group pictures before the 5K race start (8:15 am)

Strollers are allowed but must start in the back. Please read [FAQ's](#) for more race info.

Thanks to all our swag sponsors for this year's FIM event.

Please contact Michelle at [arlcoms@starpower.net](mailto:arlcoms@starpower.net) for sponsorship opportunities.