



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

ATTENTION:  
UPDATED START LOCATION/RACE COURSE:

**KNIGHTS OF COLUMBUS**  
Knights of Columbus (5115 Little Falls Road, Arlington, VA)  
[Race course map – click here](#)

Event organizer has confirmed that we may keep 1 start time for our entire team. After “socially distanced” group photos, we will be broken up in smaller groups/waves to start the 5K run/walk.

**8:00 am** Check in with registration, get your ACMS FIM neckband/gaiter and take pictures!  
(ACMS will be near the registration desk to hand out our team swag/organize our team!)

**8:30 am** Our team’s 5K start “wave” begins

Registration is ONLINE (touchless) only! For extreme last-minute folks, one could technically register online, walk up to the registration desk, and run the race. *(Not recommended!)*

All 5K and Fun Day registrants will receive a complimentary t-shirt and race bag from event organizer while supplies last.

The race is timed and the course is USATF certified.

**COVID-19 Rules and Requirements:** By registering for this event, participants agree to abide by all COVID-19 rules, requirements and other safety guidelines issued by the event, county, and the state. In accordance with CDC and Virginia guidelines, all participants are required to wear a face mask prior to

the start of the race and at the conclusion of the race. Additionally, participants MUST carry a face mask on their person at all times during the race.

## HOW TO REGISTER AND GET OUR TEAM SWAG:

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. We are competing for the team raising the most funds!

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

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 8:00 am near event registration, get your team swag and take group pictures before the 5K race start! We will have to break up our group into smaller waves for the actual run starting at 8:30 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.