

fitness **is** medicine

Arlington County Medical Society



Jennifer Bush-Lawson 5K Race Saturday, November 19, 2022 5K starts at 9am

KNIGHTS OF COLUMBUS

[5115 Little Falls Road, Arlington, VA](#)

Revised race course map – [click here](#)

The race is timed and the course is USATF certified.

Join [ACMS](#) members and friends for the Jennifer Bush-Lawson 5K on Saturday, November 19 at 9 am. Let's show our community some "Fitness is Medicine" spirit and run/walk this event together or at your own pace.

[REGISTER ONLINE as Team ACMS](#) directly with JBL Foundation for the 5K event. Please use this [link](#) as it automatically signs you up as Team ACMS. If you use the main registration site, please indicate you are joining Team ACMS in the options selection.

Early bird pricing is \$5 off until Oct. 31.

If you wish, you may raise additional funds for this local charity supporting economically vulnerable moms/infants in Arlington (at VHC) by donating additional funds.

Event Day (Saturday, Nov 19)

7:45 – 8:30 am Registration/packet pick up. Look for ACMS member physicians hanging out near the registration desk and organize group pictures to share w/ACMS. (Michelle Saroff/ACMS Exec. Dir. will not be able to attend this year.)

8:30 am Pre-race festivities and warm-up

9:00 am 5K race starts – we usually have a slower/walking group at the back of the pack. Strollers are welcome on the course and will start in the last wave. (Unfortunately, dogs are not allowed on the premises!) ENJOY YOUR EVENT!

For more info on the event please go to the [organizer's site](#). But use this [site to register as Team ACMS](#). Check out our pictures from [last year's event](#).

THANK YOU FOR SUPPORTING “FITNESS IS MEDICINE”
AND LOCAL CHARITIES SUPPORTING COMMUNITY HEALTH!

