



3-24-18



HCA VA SPORTS MED 5K

WALK & RUN



**FEED
MORE™**

RACE TO BENEFIT

**NATIONAL NUTRITION MONTH &
NATIONAL ATHLETIC TRAINING MONTH**

RACE DAY REGISTRATION BEGINS 7:30 AM



**NATIONAL
ATHLETIC
TRAINING
MONTH**

COMPASSIONATE
CARE FOR ALL
MARCH 2017

**1115 BOULDERS PKWY
RICHMOND, VA 23225**

\$25 PARTICIPANT FEE
T-SHIRT AND GIFT BAG INCLUDED!

ENJOY LIVE MUSIC, FOOD TRUCKS &
FUN ACTIVITIES UNTIL 2PM

LIKE US ON FACEBOOK AT HCA VIRGINIA SPORTS MEDICINE FOR MORE INFORMATION



Support your school by participating in the
First Annual
HCA VA Sports Med 5K Run/Walk
& Canned Food Drive for FeedMore



Win \$500

To the school's athletic department
with the most canned food donated!

-Ask your AD for donation box location-

Win \$250

To the school with the most registered participants!

-Scan QR code to register and make sure to select your affiliation-



All proceeds will be donated in support of
National Athletic Training Month
& National Nutrition Month