

Motion Mortgage



Go For Bo

5K • 1 Mile Fun Run • Tot Dash

October 14, 2017

RACE DAY INFORMATION

WHY WE GO FOR BO

Want to learn more about HCW? Visit helpingchildrenworldwide.org

WEATHER

We are not afraid of a little rain and hope you will join us rain or shine!

POST RACE BREAKFAST

Follow the wonderful smells to the gym in the main building for a full breakfast. FREE of charge. Breakfast will be served from 8:30-10:00 AM. Have a pup with you? Join us in the Bark for Bo Village in our covered court yard.

COURSE SUPPORT

There is a water station at the half way mark on the course and there are many volunteers offering directional and motivational support along the course.

AWARDS

Awards start at 9:15 AM in the gym.

PACKET PICKUP OPTIONS

Pre-Race:

Friday, October 13, 2017 | 5:00-7:00 PM
161 Embrey Mill Road, Stafford VA 22554
Room 101 in the Ministry Center

Race Day:

Saturday, October 14, 2017 | 7:00-7:30 AM
161 Embrey Mill Road, Stafford VA 22554
Room 101 in the Ministry Center

All participants will receive their race bibs, t-shirt and swag bag at packet pick up. Race shirts are first come, first serve. 5K participants will also receive a timing chip on the back of their race bib.

TOT-DASH:

START TIME: 7:55 AM

1 MILE FUN RUN:

START TIME: 8:05 AM

5K:

START TIME: 8:30 AM

COURSE TIME LIMITS

Runner, walker, or skipper? All are welcome. There are no time limits on our courses.

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