

# M5K

Dear Friends,

Thank you for entering Mercy 3K Walk and 5K Run on Saturday, April 28th, 2018.

Our program supports the girl child in rural Kenya. We demonstrate through our participation in this race how much we care about the need to support girls in their efforts to build a strong future for themselves and their country -- Kenya. This year's proceeds will complete housing for over 400 girls still living in their classrooms. Each year we focus on a critical project that supports girls and empowers them to build strong, independent and confident lives in the future.

Get your bib number, t-shirt, and goodie bag early! Please join us at packet pick-up on Friday, April 27, from 3:00 PM to 6:00 PM at Georgetown Running Company, 3401 M Street NW, Washington DC (202-337-8626) 15% discounts for race day +20.00 off running shoes!

We also host packet pick-up on Saturday, April 28, 8:30-9:45 AM, on-site at Fletcher's Cove, 4940 Canal Road NW, Washington DC 20007 before the race prior to registration opening.

We thank [Bach to Rock Bethesda](#) especially for providing live music of its talented kids!

**Our 3K walk course at 9:00 AM** is from Fletcher's Cove to Chain Bridge and back, with a water station under Chain Bridge -- Not a race, just a walk | [GMAP](#)

**Our 5K run course at 10:00 AM** is from Fletcher's Cove out to a point with three boulders and back | [GMAP](#) Be cautious of bicycles and other trail users when you run on C&O Canal Towpath. We will mark miles 1, 2, and 3 Turnaround point is 2.500 kilometers (1.55 miles) northwest of the start line, near three big boulders, and staffed by a course marshal.

Aid stations with water and emergency transportation is at Chain Bridge & Start/Finish.

[Read the course description and safety instructions](#)

Awards: We present awards immediately after the race.

Top 3 overall male and female and top 3 in age groups 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over - **Gift certificates from Georgetown Running Company, Clyde's, Chipotle, Sweet Leaf, Peloton, Cycle Bar and Down Dog Yoga and Saxby's.**

[www.SafetyAndHealthFoundation.org/20180428.html](http://www.SafetyAndHealthFoundation.org/20180428.html) and [www.SafetyAndHealthFoundation.org/mercy](http://www.SafetyAndHealthFoundation.org/mercy) for results following the race! We could not do much in Kenya without you, our generous sponsors and all donors! You are leading us! We thank you all so much!!!!!!

*Sr. Rose, VHM Founder of the Mercy Girls School in Kenya and*

*Brian and Adrienne Doherty and the Board Members of the Mercy Center Foundation, USA*

*Jay Jacob Wind, Safety and Health Foundation*