



Is running a 5K on your Bucket List?

**Pull on your running shoes and join R&W Club Frederick Members
May 17, 2015**

at the 5th Annual Loudoun Lyme 5K/1K and the New 10K!!

**This 5K fundraiser helps bring awareness to Lyme Disease and raises money to help find a cure
for the number 1 tick-borne illness in the U.S.**

Where: Brambleton Town Center in Ashburn, VA Start Times: 10K—8am; 5K—8:10am ; 1K—9:30am

COST: 14 years and older \$ 30 until May 12th; \$ 35 day of event

13 years and under—\$ 20 through day of event

All paying participants receive a t-shirt; 13 and younger to include a goodie bag

Free admission to information fair to all participants, families and friends

On-line registration will close on Tuesday, May 12

Packet Pick-up: Friday, May 15 (12-7pm) and Saturday, May 16 (8am-12pm)

“Under Our Skin” Video

To learn more about Lyme Disease, stop by the Scientific Library (Bldg. 549) to check out the Lyme Disease Science in the Cinema packet. The packet includes the 2008 documentary film “Under Our Skin”, speaker presentation by Ms. Kathleen Nalewaik, Nurse Practitioner, and bibliographies.

Call Number: AV 00201 no.30

**Club Frederick would like to recognize member participation in the race. Please contact
Susie Culler at 301-846-1093 (or email her at cullers@mail.nih.gov) once you have
registered and if you have any questions.**



For more information and to register go to: <http://www.loudonlyme.org/>

