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Fitness Plus Dexter is Excited to Host the Dexter 5K-9

MARCH 12TH 2019 BY DEE LOFLIN

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Dexter, Missouri - Fitness Plus Dexter is excited to host the Dexter 5K-9 on Saturday, May 4, 2019.

The race begins at 8 a.m. at Fitness Plus Dexter located at 1212 Saint Francis Drive in Dexter.

Pre-registered participants can pick up packets on Friday, May 3 from 10 a.m. to 3 p.m. or on race day during registration at Fitness Plus Dexter. Runners/walkers can also register the day of the event on May 4th from 7:00 a.m. - 7:45 a.m.

A dog is not required for participation, but welcome to the event. It is \$25 per runner/walker for those registered by April 17. A T-shirt is guaranteed if registration is received by April 17. It is \$30 per runner/walker after April 17.

Results will be announced around 9 a.m. Medals go to the top three in each age group. Trophies will be awarded to the top overall male and female. The one-mile walk will not be timed. The course is overall flat through residential areas. The course will start and finish at Fitness Plus Dexter. Two water stations will be available.

Proceeds benefit Youth Fitness and Exercise is Medicine programs for those who can't afford them. Make a monetary donation to the Dexter Dog Park on race day and be

entered into a special door prize drawing!

Stop by Fitness Plus Dexter, call 573-614-3636 or go to dexter5k92019.eventbrite.com to register for the Dexter 5K-9.

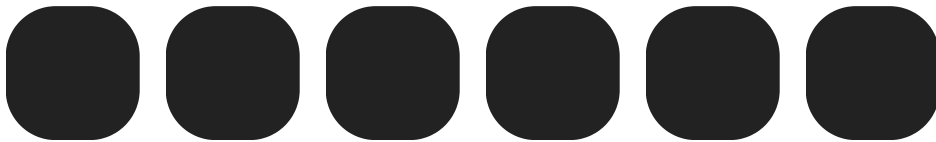
Saint Francis Healthcare System is guided by our mission to provide a ministry of healing, wellness, quality and love inspired by our faith in Jesus Christ. Founded by Franciscan Sisters in 1875, our priority remains the same: serve all who enter with dignity, compassion and joy. Serving nearly 713,000 people across Missouri, Illinois, Kentucky, Tennessee and Arkansas, our focus is on patients' outcomes, experience and value.

Anchored by Saint Francis Medical Center, a 306-bed tertiary hospital, and supported by nearly 3,000 employees and more than 250 providers in eight communities, the Healthcare System is a driving economic force in the region. Major services include the Cancer Institute, Emergency and Level III Trauma Center, Family BirthPlace and the region's only Level III Neonatal Intensive Care Unit, Heart Hospital, Neurosciences and Orthopedics.

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