HESSCO to hold 5th Annual Mick Morgan's St. Patrick's 5K in Celebration of March for Meals

HESSCO is once again partnering with Mick Morgan's Irish Pub for the 5th Annual Mick Morgan's St. Patrick's 5K. This event, which is scheduled for Saturday, March 19th is HESSCO's largest fundraiser and coincides with the national March for Meals Campaign - a perfect opportunity to shed light on HESSCO's Nutrition Program. With the assistance of over 500 volunteers (made up of individuals and groups who "adopt" routes), HESSCO packages and delivers an average of 130,000 home delivered meals each year and serves an additional 30,000 meals annually in dining room settings. Volunteer drivers not only deliver a hot, nutritious meal, but they provide a wellness check and a friendly visit. For many, this is the difference needed to maintain their dignity and independence at home.

Race registration begins at 8:00 AM on Saturday March 19th with a 9:00 AM start. Pre-race day bib, runners'
bag and T-shirt pick up is scheduled for Friday March 18th from 4:00 - 8:00 PM. Pre-registration is available online or by mail. The cost of pre-registration is a non-refundable $30. Walk-in registration is $35. Attractive, long sleeve performance tech T-shirts are included in the registration fee for the first 500 paid registrants. The race route starts at Mick Morgan's Irish Pub, route 1 on the Sharon/Walpole line, up Baker Street into Walpole and back to finish at Mick Morgan's. There will be awards for the best overall male, overall female, and fastest team. Medals will also be awarded to the top three male and female best times in seven different age categories. The race has strong community support and corporate sponsorship. There will be a cash raffle, entertainment, refreshments, a visit by the New England Patriots Mascot - Pat Patriot, and an after party on site.

All proceeds from this race will be used to support HESSCO to continue our mission of delivering meals to those who have difficulty making their own, providing homemaking and home health aide services to those in need, advocating for residents in nursing facilities, counseling Medicare recipients on health insurance options and protecting our seniors from neglect and abuse. For more information on our 5th Annual MM5K for HESSCO, Visit our website, call 781-784-4944 or LIKE our race page on Facebook. To register for the MM5K for HESSCO Click Here.

Let's Hear it for our Community Champions

During the month of March, Meals on Wheels programs across the country invite elected officials, local celebrities and other prominent figures to deliver meals, speak out for seniors and raise awareness for the power of Meals on Wheels. A big Thank You goes out to the elected officials who have already accepted our invitation

Pat Patriot, New England Patriots larger-than-life mascot, will be joining us at the 5th Annual MM5K4HESSCO! He'll be there to sign autographs and pose for pictures, while cheering on our runners. Just another reason to come on out on March 19th and March for Meals!

Thank you to our 2016 MM5K Sponsors!

Presenting Sponsor

Finish Line Sponsor

Platinum Sponsors
to deliver meals in the month of March: Representative William Galvin, Representative Louis Kafka, Representative Paul McMurtry, Senator Michael Rush, Senator Richard Ross and Senator Jim Timilty. Let's hear it for this year's Community Champions!!!

Why March for Meals?

Nutrition Program at HESSCO

The Nutrition program at HESSCO is comprised of three features: Home delivered meals, congregate meals served in a dining room setting, and nutrition counseling. For more information on HESSCO's nutrition program, or to view the current meals menu, Click here.

Are you a 5-Year Race Veteran?

MM5K4HESSCO started back in 2012. It's five years later and we've grown leaps and bounds...from a mere fundraising idea to an event that has drawn upwards of 800 people. We are proud that we continue to attract new runners each and every year, but we are also humbled by our returning participants, those of you who have stuck by our sides since the beginning. You have been true supporters of our cause and have come out to show your support on

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Norwood Bank
Norwood Hospital
Rea-Craft Press, Inc.
Rockland Trust
Serenity Hill Nursing Center
Sharon Credit Union
Sports Authority
Sunrise at Norwood
some lovely March mornings, and some "less than lovely" March mornings. As a special thank you to our 5-year Race Veterans, you will receive a commemorative 5th Annual MM5K for HESSCO knit cap to keep you warm as you train for our road race year after year. Thank you for your ongoing support of HESSCO and March for Meals! Can't wait to see you on the 19th!

There is a limited supply of our commemorative knit caps - they can also be acquired by contributing $100 or more to our fundraising campaign (make an individual donation or raise funds to donate). Thank you for your support!

Stay Connected

Stay connected with us by visiting our Website. Find links to current meals, calendar of events and commonly asked questions. Follow us on Facebook for updates, helpful information and interesting articles.

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