



Department of  
Veterans Affairs



# 5K Family “Fun Run, Walk & Roll”

## Saturday, September 25, 2010

9 a.m. – ½ mile Fun Run for Kids  
9:30 a.m. – 5K Wheelers, Runners and Walkers

**Participants:** VA staff, veterans, family members and general public.

**Course:** The certified 5-kilometer course starts and ends at the Minneapolis VA Medical Center.

**Cost:** \$15 per entry (includes t-shirt). Fun-run is free; kids will receive awards.

**Registration:** Public Affairs Office, Minneapolis VAMC, One Veterans Drive, Minneapolis MN 55417.  
Participants must register before September 10 to receive t-shirt.

**Sponsors:** Paralyzed Veterans of America and Minneapolis VA Medical Center

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### Minneapolis VAMC 5K Family “Fun Run/Walk & Roll” ENTRY FORM

Name \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I certify that I am in good physical condition and am able to safely compete in this event, that I personally assume all risks incident to my participation in the above race and that, in consideration of you accepting my entry, I, my personal representative and heirs, hereby release the Minneapolis VA Medical Center and all persons involved in the race from any and all claims, demands, actions or causes of actions incident to my participation in this race.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Required of Parent/Guardian if participant is under 18 years of age)

Adult Shirt Size

- Small
- Medium
- Large
- X Large
- XX Large
- XXX Large

**Make check payable to Veterans 5K and send to:  
Public Affairs Office, c/o Minneapolis VAMC, One Veterans Drive, Minneapolis MN 55417 by Sept. 10.**

For more information:  
Ralph Heussner  
612 467-3012 or [Ralph.heussner@va.gov](mailto:Ralph.heussner@va.gov)