

Minneapolis VA 5K Family Fun Run/Walk & Roll

Saturday, Sept. 10, 2016

9 a.m. – ½ mile Fun Run (for kids)

9:30 a.m. – 5K Wheelers

10:00 am. – 5K Runners and Walkers

- Participants:** VA staff, veterans, family members and general public
Course: The 5-kilometer course winds around the Minneapolis VA Medical Center Campus.
Cost: \$15 per entry (includes t-shirt). \$5 for veterans enrolled in MOVE Program (includes t-shirt). Fun-run is free; kids will receive a participation gift.
Registration: Public Affairs Office, Minneapolis VA, One Veterans Drive, Minneapolis MN 55417.
Deadline: Participants must register by August 26 to receive a t-shirt.

VA5K 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

DEADLINE: August 26.

You can also drop them off at 4V-100 (Director's Office) or Room 4M-123, M-F, from 7:30 a.m. – 4:30 p.m.

For more information:

Sandra Wicklund

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