



5K Family “Fun Run, Walk & Roll”

Saturday, September 14, 2013

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 starts and ends at the Minneapolis VA Health Care System.

Cost: \$15 per entry (includes t-shirt). \$5 for veterans enrolled in MOVE Program (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 August 30 to receive t-shirt.

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

Name _____
 Mailing Address _____
 City _____ State _____ Zip _____

Adult Shirt Size

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

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)

**Make check payable to Veterans 5K and send to:
 Public Affairs Office, c/o Minneapolis VAMC,
 One Veterans Drive, Minneapolis MN 55417
 by August 30. You can also drop them off at 3B-140.**

For more information:
 612-467-5084