



**VA** Defining  
**HEALTH CARE** EXCELLENCE  
in the 21st Century



# 5K Family “Fun Run, Walk & Roll”

## Saturday, September 8, 2012

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 5-kilometer course winds around the main campus of the Minneapolis VA Health Care System.

**Cost:** \$20 per entry (includes t-shirt). \$5 for veterans enrolled in MOVE Program (includes t-shirt). Kids fun-run is free.

**Registration:** Public Affairs Office, Minneapolis VA Health Care System, One Veterans Drive, Minneapolis MN 55417. Participants must register before August 24 to receive t-shirt.

**Sponsors:** Paralyzed Veterans of America and Minneapolis VA Health Care System

## Minneapolis VA Health Care System 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)

**Make check payable to Veterans 5K and send to:  
Public Affairs Office, c/o Minneapolis VA HCS,  
One Veterans Drive, Minneapolis MN 55417  
by August 24.**

For more information:

Cindy Tomczak at 612-629-7642 or at [cynthia.tomczak@va.gov](mailto:cynthia.tomczak@va.gov)

or

Jackie Costabilo at 612-467-5084 or at [jacquelyn.costabilo@va.gov](mailto:jacquelyn.costabilo@va.gov)

**Check here if you are a Veteran:**

- enrolled in MOVE
- inpatient on ward 4J
- with a Spinal Cord Injury/Disorder

**Adult Shirt Size**

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