



# 2015 Veterans' Day Run/Walk 14 November

**American Legion Post 711, 106 Juniata Street, Blue Grass IA 52726**

**5K Run**  
Race starts at 8:00am  
Beginning and ending at American Legion  
Maximum of 90mins will be allowed for race due to follow on events

**Kids Run**  
Race starts at 9:30am  
Beginning and ending at American Legion  
maximum of 25 mins will be allowed for race due to follow on events

**Family Run/Walk**  
Race starts at 10:00am  
Beginning and ending at American Legion  
maximum of 45mins will be allowed for race due to follow on events

**Battle Buddy Run**  
Following End of Family Run/Walk  
Beginning and ending at American Legion

**5K Run:** Starting at the American Legion Post 711 this is an easy relatively flat course that heads south on the old Route 61 and back. Turn and water points will be manned by Boy Scout Troop 26 and Cub Scout Pack 26.

**Battle Buddy Run (1/2 miles):** A two person run where one person must be carried at all times. Alternating who is carried is allowed, but no advancement is allowed during transition.

**Family Run/Walk (1 1/2 mile):** Starting at the American Legion Post 711, this is a family fun run/walk. Posters featuring your loved ones who have served are encouraged to be carried during the run. Friendly pets are considered family members and are allowed at the owner's discretion and risk. (All pets must be leashed, at all times)

**Kids Run:** A short 1/2 mile route for any child under the age of 12.

**Awards:** All entries received before October 23<sup>th</sup> will be guaranteed a "Dog tag" medal and tee shirt for all events. Medals will also be given to the top three male and female finishers in the following age groups for the 5K run: under 15, 16 - 22, 23 - 27, 28 - 33, 34 - 37, 38 - 42, 43 - 49, 50 - 59, 60 and above.

**Packet Pick-up and Registration:** Registration will be accepted from April 1 through day of the race. Packets can be picked up at the American Legion Post 711 in Blue Grass on 13 NOV from 1700hrs to 2000hrs (5pm to 8pm) and the day of the race from 0600 to 0750 hrs (6am to 7:50am). Last minute registration will also be allowed during the packet pick-up times and morning of the Race.

**Fee:** Fees are assessed per individual, except family run.

Late registration is after November 1st and a \$5 fee will be added to all entries that are not postmarked by that date.

Registration - \$25 adults, \$20 under the age of 15

Veterans and Everyday Heroes (Police, Fire Fighters, EMS, and Teachers) - \$20

Legionnaires, Legion Auxiliary, and SAL - \$15

Family Run - Registration \$25 for first two participants, \$15 each additional participant

**Veterans' Day Run/Walk**    [alpost711.5k@outlook.com](mailto:alpost711.5k@outlook.com)

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Age at day of race: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Age at day of race: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Event (Circle One):        5K                      Battle Buddy                      Family Run                      Kids Run

In consideration of this entry, I intend to be legally bound, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims which may hereafter accrue to me against the officials Of the run, and all sponsors for any and all accidents or injuries incurred by me at this event and while traveling to and from this event. I further state that I have trained adequately and am in suitable athletic condition to Compete in the race I have entered.

Signature: \_\_\_\_\_ (Legal Guardian if under 18)    Date: \_\_\_\_\_    E-Mail: \_\_\_\_\_ (Optional)

Signature: \_\_\_\_\_ (Legal Guardian if under 18)    Date: \_\_\_\_\_    E-Mail: \_\_\_\_\_ (Optional)