

RUN FOR VETERANS 5K Run/Walk

Sunday, November 11, 2012

Lippold Park Crystal Lake

801 II RT 176

Crystal Lake, IL 60014

Run Starts at 9am with Walk starting immediately after

You can sign up at:

<https://www.signmeup.com/86542>

Run/Walk fee \$35 which includes an event T-Shirt and after run snacks

Fee is \$45 for sign up after November 3rd.

SUPPORTING THE FOLLOWING ORGANIZATIONS AND MORE



There will be information tables from local:

- McHenry County Veterans organizations
- mental health providers
- TLS Veterans
- Lake-McHenry Veterans and Family Services Drop-In Center

If you are unable to run/walk, you can still Donate by making a monetary or toy donation.

For more information or to Donate, please visit www.run4vets.weebly.com

There will be a brief ceremony with Color Guard following the run/walk.

We welcome and Veterans, Active Duty or Civilian runners.

Formation run is allowed, with or without cadence and flag.

Sign up now and help your local Veterans and Veteran Organizations!

Questions?

Please email RunForVets@gmail.com