

VOLUNTEER FOR OUR 5Ks

To register to volunteer at our AVHC 5Ks:

For our **Armed Forces 5K on May 20, 2017** at the Dayton VA, click here:
<http://armedforcesday5k.itsyourrace.com/event.aspx?id=5280>, then -

Click on “Register Now” then follow the steps

ITS YOUR RACE Events / Results Results Mobile App Features Event Organizers Log In Sign Up Add My Event

Select Registrations Participant info Donations Payment Order Confirmation

Not ready to register, but you'd like to donate to one of our charities? <http://www.americanveteransheritage.org/>.

Have a promo code? Enter it and click the Apply button first: Apply Code

Select your Registration(s)

You can add multiple registrations at the same time. Simply select the number desired from each quantity box before pressing the Continue button.

TYPE	PRICE	FEE	QUANTITY
5K Run Registration (shirt guaranteed if registered by 5/13) registration at this price ends 05/18/2017 12:00 PM	\$20.00	\$2.95	0
5K Walk Registration (shirt guaranteed if registered by 5/13) registration at this price ends 05/18/2017 12:00 PM	\$20.00	\$2.95	0
5K Walk Motorized Wheelchair Registration (shirt guaranteed if registered by 5/13) registration at this price ends 05/18/2017 12:00 PM	\$20.00	\$2.95	0
5K Walk Manual Wheelchair Registration (shirt guaranteed if registered by 5/13) registration at this price ends 05/18/2017 12:00 PM	\$20.00	\$2.95	0
Kids Run (free for 10 and under, shirt not included) registration at this price ends 05/18/2017 12:00 PM	\$0.00	\$0.00	0
Volunteer (option to purchase a shirt for \$5 if registered by 5/13) registration at this price ends 05/18/2017 12:00 PM	\$0.00	\$0.00	0

Continue >>

Click in the Volunteer Registration Box for Quantity and continue the process

For our **Veterans Day 5K on November 12, 2017** at the Dayton VA, click here:
<https://www.itsyourrace.com/event.aspx?id=3184>, then follow the same process to register as a volunteer.

About a week and a half before the 5K, someone from Key Sports will contact you about your volunteer registration.