

# Armed Forces Day 5K at the Dayton VA

(Certified - OH 15020MW)

Saturday - May 19, 2018  
8:30 AM

**Location:** Department of Veterans Affairs Medical Center, Dayton, Ohio 45428. Take the Gettysburg Avenue or Liscum Drive exit via Route 35.

**Check-in and Registration:** 7:00 am - 8:00 am in Building 305, (Voluntary Services), Theater. Wheelchairs, manual & motorized start 5 minutes prior to race start.

**Awards:** 1<sup>st</sup> place male and female will receive \$50 cash, (add \$50 if course record), 1<sup>st</sup> place male and female (40+) \$40 (add \$40 if course record). Top 1 in following age groups receive medals: 10 and under, 11-14,15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 & up, wheelchair/manual and wheelchair/ motorized.

**Fees:** Pre-registration is \$20, which includes a short sleeve t-shirt. Deadline for registration is May 11, 2018. Late registration ends at 8:00 am the day of the race and is \$25. No refunds! (Shirts included, if available)

**Kids' Run** (Age 10 and under) – Free, (no t-shirt)

**Please make checks payable to:** AVHC

**Mail check and registration to:** Armed Forces 5K Race, P.O. Box 833, Miamisburg, OH 45343.

**Online Registration:** [www.keysports.net](http://www.keysports.net) or <http://armedforcesday5k.itsyourrace.com>

**Proceeds benefit the American Veterans Heritage Center, Inc.:** [www.AmericanVeteransHeritage.org/](http://www.AmericanVeteransHeritage.org/)

**Sponsors welcome!**

**For More Information:** Race Director at [AmericanVeteransHeritage@aol.com](mailto:AmericanVeteransHeritage@aol.com)

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\_\_\_\_\_  
FIRST NAME

\_\_\_\_\_  
LAST NAME

\_\_\_\_\_  
ADDRESS NUMBER and STREET

\_\_\_\_\_  
CITY

\_\_\_\_\_  
STATE

\_\_\_\_\_  
ZIP CODE

\_\_\_\_\_  
Area Code PHONE NUMBER

\_\_\_\_\_  
Age (race day)

**M F**  
(CIRCLE One)

**S M L XL**  
(CIRCLE One)

E-Mail Address: \_\_\_\_\_

Wheelchair? \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors, and assigns, all claims arising from my participation in the VA Armed Forces Day 5K race, and do hereby release The Dayton Veterans Affairs Medical Center, American Veterans Heritage Center, Inc., Key Sports and Business Promotions, Inc., their representatives, employees, officials, volunteers, successors, and assigns for any and all injuries and damage to me or my property in said event; and agree to hold above listed harmless from any claims. I attest and verify that I am physically fit and understand the risks for such run/walk and have trained adequately in preparation. I give my permission for the administration of medical aid in case of emergency. I further give my permission for the free use of my name, voice recording, or photo in any printed account, broadcast, telecast or commercial advertising of this event.

Signature \_\_\_\_\_  
(parent or guardian if under 18)

\_\_\_\_\_  
Date

**COURSE AND AGE GROUP RECORDS**  
(new course 2015)

**MALE**

Robert Sandlin 16:08:7 (2015)

**FEMALE**

Julie Mercado 18:43 (2016)

**MALE MASTERS**

Chris O'Connor 19:40.9 (2015)

**FEMALE MASTERS**

Melissa Campbell 25:44 (2016)

**Wheelchair**

Steve Himes 50:30.2

**HOSTED BY:**



The American Veterans  
Heritage Center

[www.AmericanVeteransHeritage.org/](http://www.AmericanVeteransHeritage.org/)

**Sponsors:**



**Course:** The Armed Forces Day 5K is steeped in tradition, as you will literally run through the living history of the VA that began in the immediate aftermath of the Civil War (aka, the War of the Rebellion). This beautiful rolling campus has many historic buildings that are on the National Registry. The course winds you past the National Cemetery and through the ghosts of times past when nearly 7,000 Civil War Veterans called "The National Asylum" home.

Department of Veterans Affairs Medical Center, 4100 W. Third St. Dayton, Ohio 45428

**Parking:**


Take the Liscum Dr. Exit via Route 35  
Turn right into the first gate, onto Massachusetts Avenue  
Parking will be on your left.

**Registration:**


**Building 305** (Sign in front) borders Oregon and Iowa Street near the 9-story, Patient Tower, Building 330.

**Dayton VA 5K**

American Veterans Heritage Center, Inc.



*USATF Certified Course*  
ID# OH15020MW  
Certification effective from 05/12/2015  
to 12/31/2025



*Start on Kentucky Ave. -Turn left at Massachusetts. -Turn right at Minnesota Ave. -Turn right on Michigan Ave. -Turn right at Maine Ave. -Turn left on Delaware Ave and cross Ohio Ave. -Bear left in front of Protestant Church. -Turn left on side of church then quick right turn onto New Hampshire Ave. -Turn right on Pennsylvania Ave. -Turn left on Kentucky Ave, following loop. -Turn right on Ohio Ave. -Turn left on Kentucky Ave. -Turn right on Connecticut Ave. -Turn left on Michigan Ave. -Turn left on Minnesota Ave. -Turn left on Massachusetts Ave and follow to finish line.*

**NORTH**

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