

Armed Forces Day 5K at the Dayton VA

(Certified - OH 15020MW)

Saturday - May 20, 2017
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 (Recreation Building), Theater. Wheelchairs manual & motorized start 5 minutes prior to race start.

Awards: 1st male and female \$50 (add \$50 if course record), 1st male and female (40+) \$40 (add \$40 if course record). Top 3 in following age groups receive medals: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & up, top 3 walkers male and female, wheelchair/manual and wheelchair/motorized. Awards will also be given to the youngest and oldest pre-registered runner in the 5K.

Fees: Pre-registration is \$20, which includes a short sleeve t-shirt. Deadline for registration is May 14, 2016. Late registration ends at 8:00 am the day of the race and is \$25 with a t-shirt, if available. \$20 without a shirt. No refunds!

Kids' Run (Age 10 and under) – Free. (Shirts, if available, are \$5.00)

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

Proceeds benefit the American Veterans Heritage Center, Inc.: www.americanveteransheritage.org/

Sponsors welcome!

Breakfast included for participants and volunteers.

For More Information: Race Director: Rob Dennis at 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: _____ Runner _____ Walker _____ 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:



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.

