



Armed Forces Day 5K/2 Mile Walk/Run



When: Saturday, MAY 19, 2018 10:00 am.

Where: Gold Star Shelter, 546 Bagby St, Jefferson Barracks, St Louis, MO

Why: To benefit H.E.R.O.E.S. CARE & myTEAM TRIUMPH

How Do I Register:

Mail entry form to myTEAM TRIUMPH, AFD5K, PO Box 121, Jackson, MO, 63755. Checks payable to myTEAM TRIUMPH. **Must be mailed before May 14 so they are received prior to event date. Or, register online at www.raceentry.com. (search for "Armed Forces Day 5K/2 mile Run/Walk")

Entry Includes: T-Shirt guaranteed for those registered by May 5/post-race refreshments, including Noodles and Company macaroni and cheese / grab bag.

Entry fee: \$30; **After May 14 through race day - \$40**

Children 10 and under walking/running with a parent – free. (Will not receive t-shirt or goody bag)

For groups of 10 or more, contact us through Facebook or email armedforcesday5K@yahoo.com for the discount code. "Like" us at "Armed Forces Day 5K/2 mile Walk/Run"

Course: The 5K course takes you on the beautiful trail through Jefferson Barracks Park. The 2-mile course is on the paved trail along the river.

Packet Pickup: Friday, May 18, 5-9 pm at Noodles & Company, 18 South County Center Way, St. Louis, and race day, 8-9:30 am at the Gold Star Shelter.

This event supports:

H.E.R.O.E.S. Care, a collaborative effort among well established non-governmental organizations (NGOs) designed to provide complete and proactive support for members of all branches of the military and their families through pre-deployment, deployment, family reintegration and post-deployment.

myTeam Triumph is an athletic ride-along program which matches endurance athletes of all skill levels with people with disabilities who would not otherwise be able to experience such events.

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Name _____ Age on 5/19/18 _____

Address: _____ City, State _____ Zip _____

Email: _____@_____ Circle One: 5K Two mile

Gender: male Female

Tshirt (unisex, 50/50): S M L XL 2XL 3XL Youth: S (6-8) M (10-12) L(14-16)

I know that running a road race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, the effects of weather including heat, humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release the race organizers, Heroes CARE, myTEAM TRIUMPH, Fleet Feet Sports and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent or Guardian if under 18)

date