



**AMERICAN
LEGION**



Veteran's



5K Run/Walk



November 11, 2023

Sponsored by:

American Legion Post 711

106 South Juniata Street, Blue Grass, Iowa

Registration is open through the morning of the race. There is a late registration fee of \$5 added to anyone registering after October 21, 2023. If registering before October 28th, each participant will receive in their packet a personalized dog tag and a tee shirt as well as coupons and other things given to us by our sponsors. You are not guaranteed a personalized dog tag or tee shirt if registering after October 21st. Awards will be given to the top three male and female finishers in all the age groups.

The start times and all other information on the race will be posted to the Post 711 website (www.al711iowa.com) as they are finalized. There will be a link to online registration on the website as well. If there are any questions or you want to volunteer to help out, just leave a message at (563) 381-4380 or send an email to: ialegion.post711@gmail.com.

This is our eighth year and we are trying to make this one the best yet. It might be a little chilly out but it is a great organization and a fun time. We use the proceeds from this race, as well as other activities, to fund a lot of different programs in support of our community and our fellow Veterans, such as: American Legion Boys & Girls State, Merit Awards, Boy & Cub Scouts, Hospital supplies, Military Funeral Honors, and more.

(See reverse for registration form)



2023 Veteran's 5K Run/Walk November 11, 2023



American Legion Post 711, 106 South Juniata Street, Blue Grass, Iowa

5K Run & Family Run/Walk

Races start at 9 AM

These races will be run together, beginning and ending at The American Legion. Maximum of 90 minutes will be allowed for race due to follow on

Kids Run & Battle Buddy Run

Races start at 10:30 AM

These races will be run together, beginning and ending at The American Legion.

5K Run: Starting at American Legion Post 711, this is an easy, relatively flat course that heads south on old Highway 61 to the turn around point, which is also the water point, manned by Boy Scout Troop 26 and Cub Scout Pack 26 & 28, then back to the Legion.

Family Run/Walk (1 ½ mile): Starting at the time as the 5K, at American Legion Post 711, the course takes you through the south end of town, out old Highway 61 to just before Oak Lane, then back to the Legion. Friendly pets are considered family and are allowed at owners discretion and risk, and must be leashed at all times.

Battle Buddy Run (½ mile): A two person run where one person must be carried at all times. Alternating who is carried is allowed, but no advancement is allowed during transition. The race starts in front of the Legion, goes north to Highway 61, goes west to the turnaround near Moore Street and then return to the Legion.

Kids Run: A short ½ mile route for children under the age of 12. Course will be the same as the Battle Buddy Run.

Awards: All entries received by October 28, 2022 will be guaranteed a dog tag and tee shirt for all events. Awards will also be given to the top three male and female finishers in the following age groups for the 5K Run: 15 and under, 16 to 22, 23 to 27, 28 to 33, 34 to 37, 38 to 42, 43 to 49, 50 to 59, 60 to 69 and 70 and above.

Packet Pick-up and Registration: Registration will be accepted through the day of the race. Packets can be picked up at American Legion Post 711 in Blue Grass on November 10th from 6 to 7:30 PM and the day of the race.

Fees: Fees are assessed per individual, except for the family run. Late registration is after October 28th and a \$5 fee will be added to all entries that are not postmarked by that date.

Registration: \$25 for adults, \$20 under the age of 15.

Everyday Heroes (Police, Firefighters, EMS & Teachers): \$20

Veterans, Legion, Auxiliary, S.A.L.: \$15

Family Run: Registration is \$25 for the first two participants, \$15 for each additional participant.

Veteran's 5K Run/Walk Registration

Name: _____ **Address:** _____ **City:** _____

State: _____ **Zip:** _____ **Phone:** _____ **Age on day of race:** _____ **Shirt size:** _____

Event (Circle one): **5K** **Battle Buddy** **Family Run** **Kid's Run**

Name: _____ **Address:** _____ **City:** _____

State: _____ **Zip:** _____ **Phone:** _____ **Age on day of race:** _____ **Shirt size:** _____

Event (Circle one): **5K** **Battle Buddy** **Family Run** **Kid's Run**

In consideration of this entry, I intend to be legally bound, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims which may hereafter accrue to me against the officials of the run, and all sponsors for any and all accidents or injuries incurred by me at this event and while traveling to and from this event. I further state that I have trained adequately and am in suitable athletic condition to compete in the race I have entered.

Signature: _____ **Date:** _____ **Email:** _____

Signature: _____ **Date:** _____ **Email:** _____

(Legal Guardian signature required if entrant is under 18)