2026-5K RUN/WALK/RUCK-Event Description

Join American Legion Post 711 for the American Legion Veterans 5K on Saturday, November 14, 2026, at 8:00 a.m. in Blue Grass, Iowa.

This year's race keeps the same relatively flat course: start and finish at the Post, out old Highway 61 and back, with a water stop at the 5K turnaround near Zachary Avenue. What is new is a timed 5K ruck — pack weight is your call — plus a 1.5-mile walk with certificates for every participant. After the finish, stay for chili and camaraderie at Post 711.

We are celebrating America 250: 250 years of the country our veterans have served. Come race, walk with family, or ruck in tribute. Leashed pets are welcome on the walk.

Events
- **5K Run** — Timed. Awards for top male and female overall, plus age groups (M/F): Under 12, 13–16, 17–21, 22–29, 30–39, 40–49, 50–59, 60–74, 75+.
- **5K Ruck** — Timed. Pack weight at your discretion. Awards for top male, top female, and top team.
- **1.5-Mile Walk**** — Family-friendly course out and back. Certificates for participants.

Timing is starting-pistol start and popsicle-stick finish.

Registration
- Veterans: $15
- Everyday Heroes (emergency services, teachers, and similar): $20
- Adults: $25
- After October 30: add $5
- **Day of race: Veterans $20 / Everyday Heroes $25 / Adults $30**

T-shirt and commemorative dog tag are guaranteed for registrations through October 30.

Packet pickup
- Friday, November 13, 6:00–7:30 p.m. at Post 711
- Saturday, November 14, 7:00–7:45 a.m. at Post 711

Race-day registration is available.

Proceeds fund American Legion Pillar Programs supporting Children and Youth and Veterans in Blue Grass and Scott County.

Register now. Bring your crew. Help us continue the America 250 celebration worth remembering.