



# **Support America's Heroes!**

# **Veterans Walk, Run, & Roll**

by

**VA Volunteer Service & American Legion Post 123**

Saturday, April 13, 2019 - 8:00 a.m. Onsite Registration: 7:00 to 7:45 a.m.

VA Campus 2200 Ft. Roots Drive, North Little Rock, AR

5K or 1-mile run, walk, or roll on a flat course

First, Second, and Third Place, with age group medals for 5K Run participants

Entry Donation: \$20 by March 30th - \$25 after March 30th

T-Shirts for the first 50 who register!

Post event refreshments will be available

Drawing for door prizes for all registered participants

**Main door prize is: an American-made LED Smart TV!!!**

For information or registration forms contact:

Mary Erdman (501) 922-6287 or VA Volunteer Service (501) 257-3288

**\*\*\* Proceeds will benefit hospitalized veterans and veterans in crisis \*\*\***



American Legion Hot Springs Village Post 123  
and  
VA Volunteer Service



*For God and Country*

5K or 1-mile Run, Walk, & Roll - Flat Course

Saturday April 13, 2019 8:00 a.m. Onsite registration 7:00 - 7:45 a.m.

VA Campus - 2200 Ft Roots Dr., North Little Rock, AR

Entry Donation (by March 30): \$20 After March 30 and on race day: \$25

First, Second & Third age group medals for 5K competitive run

Drawings for door prizes for all registered for Walk, Run & Roll

First door prize is 39" LED Smart TV

**\*\*\* Proceeds to benefit hospitalized veterans and veterans in crisis \*\*\***

Make checks payable to: Veterans Walk, Run & Roll and mail to:  
Mary Erdman, 28 Innovacion Lane, Hot Springs Village, AR 71909

T shirts for first 50 registrants Check: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ 2X \_\_\_

For more information contact:  
Mary Erdman (501)922-6287 or VA Volunteer Svc. (502)257-3288

(Detach):

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

**Waiver (must be signed):** In consideration of accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors, and administrators, waive and release any and all claims for damages I may have against the race and sponsors and their representatives, successors, and assigns, for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, and that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event for any legitimate purpose, including advertising and promotion.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or guardian if under 18: \_\_\_\_\_