



# 5K Run/Walk

**MAY 23<sup>RD</sup>**

Memorial Day Weekend

Tower Grove Park  
2853 Grand Avenue at Sons of Rest Pavilion  
Grand Avenue Entrance (East Entrance)  
St. Louis, Missouri 63104

## **SALUTE THE TROOPS AND SUPPORT MENTAL HEALTH!**

- Registration begins at 8 a.m. Presentation of colors at 8:45
- Run/Walk begins at 9 a.m. One mile walk available.
- Registration fee: \$25 by May 18; \$30 after May 18
- Forms of payment are cash, check or credit card.
- 3 Ways to Register:
  - Send an email to [mhadevelopment@aol.com](mailto:mhadevelopment@aol.com). Include your name, address, phone number and T-shirt size.
  - Use active.com to register and pay on line.
  - Register by fax (314-773-5930) or phone (314-773-1399)
- Participants under the age of 18 must have parental permission
- Every participant will receive an event T-shirt
- All proceeds will benefit veterans programming by MHA.

Fun Activities for the Event Include:  
Food and Drink, Face Painting, Warm Up Exercises



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