



Honor the fallen

Raising funds for Indiana, Run for the Fallen:

<https://indiana.usarunforthefallen.org/>

Event Description: On August 26, 2023 - please join veterans, active military, and emergency personnel in the annual **Honor and Remember 5k/10k run** to honor our military veterans, their families, and all of those who died during 9/11, and the wars that followed that fateful day. **All proceeds from the Honor and Remember 5k/10k Run will be used to further the national mission of Honor and Remember, a 501(c)(3) charitable organization.**

To honor and remember the 13 service members who lost their lives getting fellow Americans and Afghans out of harm's way, we will also offer a 13-mile ruck run (ruck weight is completely up to you). The run will include 4 extended laps around the course. We will start the run with 22 honor pullups + pushups and repeat that after each lap to bring awareness to the fact that 22 veterans commit suicide every single day.

Event Details:

Date: August 26, 2023		Location: Cool Springs, 9412 E St Rd 64, Velpen, IN 47590	
7:15-7:45 am EST	Check-in	<ul style="list-style-type: none"> • Awards & refreshments will be provided • Food Trucks • Merchandise available for purchase 	
8:00 am	Start time: Opening remarks		
8:15 am	10K Trail Run, 13 mile Ruck Run start		
8:30 am	5K Trail start		
8:30 am	Kids Obstacle Course (10 and under)		
<u>Pre-Registration by August 1st</u> (includes t-shirt) Adult: \$25.00 17 & under: \$15.00 Kids Obstacle Course - \$10.00		<u>Day of Race Registration</u> (includes t-shirt) Adult: \$25.00 17 & under: \$15.00 Kids Obstacle Course - \$10.00	

To Register:

Register online by August 1st: runsignup.com/Race/IN/Velpen/HonorandRememberRun	
OR mail Pre-Registration entry forms & checks to: OFS Attn: Trish Neukam PO Box 100 Huntingburg, IN 47542 Make checks payable to: OFS	For more information, please call 1-866-637-9328 Jessica Abell Ext 7695 Kim Schwindel Ext 7719 Trish Neukam Ext 7238

