



MEMORIAL DAY RUN & MARCH

TO FEED HOMELESS VETERANS

5K★10K★30K

Saturday, May 25, 2019
CASTLE ROCK, COLORADO

5K & 10K RUN or RUCK

- Family-friendly course running alongside our heroes in uniform
- Dog-friendly!
- Bring non-perishable food that you would like to donate

30K RUCK MARCH

- Challenging 18.6-mile Ruck March for uniformed military, civilians and Veterans
- Must bring & carry a 25lb pack with non-perishable food
- Finishers will receive the coveted Norwegian Foot March Badge

FREEDOM FEST AND **★ FOOD DRIVE ★**

LIVE MUSIC • BEER
VENDORS • FOOD TRUCKS
SPECIAL GUESTS

**ALL NON-PERISHABLE FOOD ITEMS
WILL BE DONATED TO HELP FEED
LOCAL HOMELESS VETERANS**

★ ★ ★ ★ ★ **MemorialDayMarch.com** ★ ★ ★ ★ ★

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