



MEMORIAL DAY RUN & MARCH

TO FEED HOMELESS VETERANS

5K★10K★30K

Saturday, May 26, 2018

CASTLE ROCK, COLORADO

5K & 10K Run or Ruck

- Family-friendly 5K or 10K course
- Dog-friendly!
- Bring non-perishable food to donate
- **NEW THIS YEAR: Upgrade your 5K or 10K to a Ruck March!**

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

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

Live music by
local favorite,
BUCKSTEIN



HOSTED BY



COLORADO
VETERANS
PROJECT

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