

**Event:** Sweat with the Vets, 5K Run, Walk and Roll / VA St. Louis Health Care System  
**Date:** Sunday, November 10, 2013  
**Time:** 5K and 1 Mile 8:00 am; 5K wheelchair division 7:55 am  
**Place:** VA St. Louis Health Care System  
Jefferson Barracks Division  
Gymnasium – Building 63  
#1 Jefferson Barracks Drive  
St. Louis, MO 63125

The 6th Annual "Sweat with the Vets" 5K run, walk and roll will be held Veteran's Day Weekend at the scenic and beautiful Jefferson Barracks Division of the VA St. Louis Health Care System. This is an amazing opportunity to promote healthy living and raise money for a worthy cause. All proceeds for this event will go to sponsor local Veterans who need assistance attending any of our six national rehabilitation events.

The rehabilitation events are the National Disabled Veterans Winter Sports Clinic, the National Veterans Golden Age Games, the National Veterans Wheelchair Games, the National Veterans Creative Arts Festival, the National Veterans Summer Sports Clinic and National Veterans Tee Tournament. These events offer Veterans great opportunities to express their abilities on a national level and enjoy the camaraderie of other veterans from across the nation.

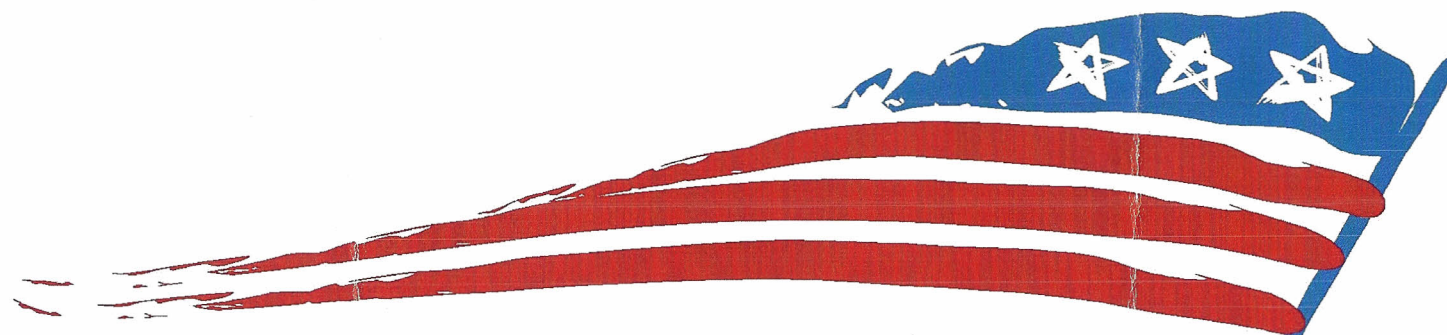
Registration can be done on-line at <http://sweatwithvets.racesonline.com/> or by printing out the registration and mailing it to the address listed on the form.

All registrations completed before October 12, 2013 will receive a long-sleeve high tech t-shirt. Early registration is \$20 on or before 10/12, \$25 from 10/12-11/9 and \$30 on race day. Packet pick-up will be on Friday, November 8<sup>th</sup> at the Fleet Feet in Festus located at 504 Old Smizer Mill Road from 10am-8pm, or on Saturday, November 9<sup>th</sup> at the Fleet Feet in Des Peres located at 11731 Manchester Road from 10am-5pm.

Awards will be awarded to first three men and women who cross the finish line, the first three male and female wheelchair finishers, and the first three men and women in the following age groups: 12 & Under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 & Over. Complete results will be available online.

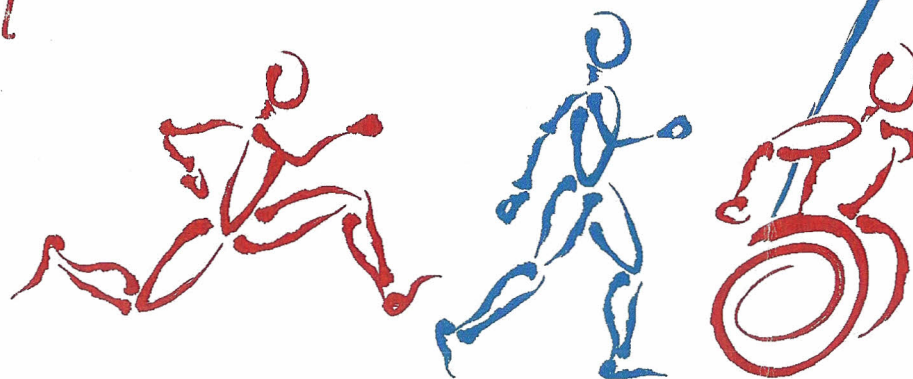


# SAVE THE DATE



SWEAT WITH THE VETS

*run walk roll*



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**EXCELLENCE**  
in the 21st Century

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