



1621 Whitfield Drive  
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WE HONOR VETERANS

5K RUN/WALK  
 2014

**Bedford Hospice Care and the National D-Day Memorial have partnered to host a  
 5K Run/Walk: We Honor Veterans**

Saturday, May 17, 2014

Registration begins at 7:00 AM

5K Run/Walk begins at 8:00 AM

Start/Finish at the National D-Day Memorial - 3 Overlord Circle, Bedford, VA 24523

**INDIVIDUAL PLEDGE FORM - WALKERS/RUNNERS**

We hope you will consider making an additional contribution to the Walk by asking your friends, family, classmates and/or colleagues to sponsor your walk. All proceeds will benefit Bedford Hospice Care and the National D-Day Memorial, both 501(c)(3) nonprofit organizations. Please make checks payable to We Honor Veterans 5K. Donations are tax deductible. For more information, call Mark Flores at 540-587-6592 or email [mflores@carilionclinic.org](mailto:mflores@carilionclinic.org).

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

TEAM NAME if applicable \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

T-shirt size: (circle one) XS S M L XL XXL (circle one) Male / Female

Age Group: (circle one) 12-under 13-19 20-29 30-39 40-49 50-59 60-69 70 and up

**T-shirts are guaranteed to all participants registered by April 11, 2014.**

Registration Fee: \$25 \_\_\_\_\_ check # \_\_\_\_\_ OR \$30 \_\_\_\_\_ (on race day)

If you are **on a team**, please fill out the form on the reverse side, enclose your pledges with your registration form, and turn them in to your team leader prior to April 4, 2014.

Individuals (not on a team) should have all forms in by April 11, 2014 to receive a t-shirt.

If for any reason, you do not turn in pledges by the event day, mail them to:

Bedford Hospice Care, 1621 Whitfield Drive, Bedford, VA 24523.

**Thank you for your support!**

★ **HELP US HONOR OUR HEROES** ★

