



VA Medical Center, Tomah, WI 54660
For Further Information, Please Contact
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August 4, 2009

FOR IMMEDIATE RELEASE

TOMAH VAMC'S 2nd ANNUAL "HEROES' FREEDOM RUN"

The Department of Veterans Affairs (VA) Medical Center in Tomah will welcome home our newest Veterans – those who have served in Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) – at the 2nd Annual Heroes' Freedom Run Celebration on Saturday morning, October 3, 2009.

The "Heroes Freedom Run" is open to the public and will be **free** to all runners.

A one-mile run/walk and a wheelchair race are also planned and are free. The route will circle the main buildings on the beautiful VA campus.

Registration begins at 8:00 a.m., followed by the 5K cross-country run at 9:00 a.m., the wheelchair race at 9:45 am and the one-mile fun run/walk/roll at 10:00 a.m.

The event will also feature live music.

ALL OEF/OIF veterans who attend this event whether participating in the run or not will be entered in a special drawing for some great prizes.

In order to have your “Heroes’ Freedom Run” shirt the day of the event, registration forms must be received by Friday, September 4, 2009; otherwise no pre-registration is necessary.

When registering, runners should provide their name, address, phone number, how many will be attending (adults and children), and if they are a veteran of Operation Enduring Freedom (Afghanistan) or Operation Iraqi Freedom (Iraq).

Come welcome home our newest Veterans and join the “Heroes’ Freedom Run” by wearing your red, white and blue and cheering on our Veterans and runners.

To register, please:

Call: (608) 372-1727

E-Mail: Laura.Bishop@va.gov

By Mail: Heroes’ Freedom Run
% Voluntary Services (135)
VA Medical Center
500 East Veterans Street
Tomah, WI 54660

Heroes' Freedom Run FACT SHEET



Tomah VA Medical Center's **WELCOME HOME CELEBRATION**

For veterans of
Operation Enduring Freedom
and
Operation Iraqi Freedom

Saturday, October 3, 2009

Who: the Heroes' Freedom Run is open to the community at large, but it is a part of a special recognition for our country's newest veterans: those who have served in Iraq and Afghanistan.

What: the Heroes' Freedom Run is an event planned to be the center-piece of the Tomah VA Medical Center's "Welcome Home" Celebration for veterans of Operation Enduring Freedom and Operation Iraqi Freedom.

The Heroes' Freedom Run is a 5K run that is open to anyone wanting to participate. The cross-country course will be set within the Tomah VA property, covering grassy areas and paved roads. **All 5K runners may participate for free.** All participants will register by age. **OEF/OIF veterans** will receive a free t-shirt for participating in the run; shirts will be available for purchase for non-OEF/OIF veterans. The shirts are provided by donations for this event.

There is also a **One Mile Fun Walk/Run and a Wheelchair Division** and – it too is free and open to whomever wants to participate. Participants will not receive a free shirt, but shirts will be available for purchase, with delivery after the event.

OEF/OIF veterans who don't wish to participate in the run or walk will have other venues to enjoy, such as:

- **Live music**
- Information about VA benefits and services will be available.

Veterans of OEF/OIF will be entered in a special drawing.

When: **Saturday, October 3, 2009**
Registration begins at 8:00 a.m.
5K Run begins at 9:00 a.m.
One Mile Fun Walk begins at 10:00 a.m.

In order to have your shirt the day of the event, registration forms must be received by Friday, September 4; otherwise no pre-registration is necessary

Where: Tomah VA Medical Center, front steps/lawn of Building 400; 500 E. Veterans St., Tomah, Wisconsin

Why: Because we want to thank all of our veterans for their service and make sure our newest veterans know how the VA can serve them. We also want our newest veterans to be properly welcomed home!



Heroes' Freedom Run

OEF/OIF Welcome Home Celebration

Saturday, October 3, 2009

Tomah VA Medical Center, Tomah WI

Schedule: Registration at 8:00 a.m.
5K Run @ 9:00 a.m.
Wheelchair Race @ 9:45 a.m.
1 Mile Fun Walk @ 10:00 a.m.

Mail to: Tomah VA Medical Center (135)
Or Contact: 500 E. Veterans Street
Tomah, WI 54660
ATTN: Voluntary Services
Bldg. 407/1739
PH:(608) 372-1727
Fax: (608) 372-1662

**** One entry form per family member****

Name (please print): _____ Phone No: _____

Address: _____ City: _____

State: _____ Zip: _____ Email Address: _____

Age: _____ Male / Female

Are you an Operation Enduring Freedom or Operation Iraqi Freedom veteran? YES / NO

T-Shirt Size ___YS ___YM ___YL ___S ___M ___L ___XL ___XXL ___XXXL

√ **Event Registration:** Please check the event you would like to be in – All events begin/end on the Tomah VA grounds

<p style="text-align: center;">Sign Me Up For This One <input type="checkbox"/></p> <p style="text-align: center;">5K run (3.1 miles) _____</p> <p style="text-align: center;">Cross-Country Race on Grounds of the Tomah VA <i>(This is a non-certified course)</i></p> <p>Age category (check one): 12 & Under _____ 13-19 _____; 20-29 _____; 30-39 _____; 40-49 _____; 50-59 _____ 60+ _____.</p>	<p style="text-align: center;">Sign Me Up For This One <input type="checkbox"/></p> <p style="text-align: center;">1 Mile Fun Walk _____</p> <p style="text-align: center;">Circular course around the VA grounds</p> <hr/> <p style="text-align: center;">Sign me up for this One <input type="checkbox"/></p> <p style="text-align: center;">1 Mile Wheelchair Race _____</p> <p style="text-align: center;">Circular course around VA grounds</p>
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Waiver:

I know that running/walking a road/cross country race is a potentially hazardous activity. I assume all risks associated with participating in this event including but not limited to falls, contact with other participants or spectators, the effects of weather including heat or high humidity, traffic or the conditions of the road surface, all such risks being known to me. Having for my behalf, waive, release, and hold harmless Tomah VA event organizers, property owners on which event is held, and all other sponsors, donors, and volunteers for this event, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability might arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to use any photograph or motion picture or records of this event for any legitimate purpose.

Medals for the 5K run will be given to the 1st through 3rd place finishers, based on each category, for males & females.

Signature (Participant): _____ Date: _____

Signature of Parent or Guardian if under 18: _____

**PLEASE MAKE CHECKS FOR T-SHIRTS PAYABLE TO:
"VA EMPLOYEES' ASSOCIATION"**

Youth Sizes – Adult XL
2XL
3XL

\$12.50
\$14.25
\$15.25

OEF/OIF Veterans' shirts are FREE
(Price includes Shipping Cost)