5K Walk-Run-Roll
Join Us or Create Your Own Event!
At Jefferson Barracks St. Louis County Park on Saturday, October 29
or at the time & place you pick (it can be your sofa)!

Join us at Jefferson Barracks St. Louis County Park -- or on your own turf --
at this community-building event with the Friends of Fisher House St. Louis.

**Competitive 5K:** Walk, Run or Roll on a 5K timed event on a slightly hilly, paved
path suitable for wheelchairs and strollers, looping through this beautiful park.
Electronic race bibs will record your time on-site!

**Relaxed 5K or 1/2 Loop:** Go the whole route or half, at whatever pace you'd like.
Bringing your kids so they can join the fun, and learn about the importance of caring
for our Veterans in this historic setting. Kids may participate for free. You may
pre-order cotton t-shirts in kids’ sizes for $10.

**Register at:**
www.FisherHouseinStL.org/Events
Or call (314) 621-6182 to get a paper registration form.

**In-Person Time & Date:** Saturday, October 29, 2022. Run Registration 7:00 to 7:30 AM. Timed Race Starts at 8:00 AM.
Casual Start: anytime after 8. The event will conclude by 11:30 AM. **Or "Virtual" Anywhere, Anytime:** Pick your own
location to wear your long-sleeved high-tech wicking 100% polyester shirt with this color logo!

**Alternative Community Building:** If you’re far away from St. Louis, we encourage you to join us in spirit, get the great
long-sleeved shirt and **build awareness of Fisher House** all across the 8 states that patients and their families come from!
You may participate on your on time, in your own place, on your own, or with your own group! Register to get the shirt,
and we can ship it to you for the cost of shipping. Get a group to participate, and we can ship shirts to you in bulk.
Please contact Laura at (314) 621-6182 to discuss remote group events and arrange bulk orders.

**Cost:** $30 per person to get the great long-sleeved tech shirt, race support, goody bag, and more! Price goes up to $35 on
September 20, 2022. Veterans and VA employees get $10 off, use code VeteransCare in the on-line registration.

**Shirt & Packet Pick Up Options:** Times TBA, during the week prior at St. Louis VA Medical Center John Cochran and/or
Jefferson Barracks locations (depending on COVID restrictions at that time; back up plans have pick up at a mid-county
St. Louis location). Registrants will be emailed options in October.

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**Celebrating 12 Years and Building Big Plans!**

We are celebrating the great success of the Veterans Affairs (VA) Fisher House at
Jefferson Barracks, which has served more than 12,500 guests since it opened in July, 2010.
The non-profit organization **Friends of Fisher House St. Louis** helped fund construction of
this 20-suite Fisher House, and has continued to help it serve hundreds of families of
Veterans and active duty military personnel every year. The friends' board of directors is
ramping up exciting, long-term plans and fundraising to build a second Fisher House in
St. Louis, alongside the John Cochran VA medical campus.

The VA St. Louis Health Care System provides essential health care and draws patients
from eight states. Guests of the Fisher House in St. Louis have travelled more than
50 miles to be by the bedside of their loved ones. We provide lodging, food and more
-- at no charge to our guests -- with belief in the motto:

"...because a family's love is good medicine."

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**Friends of Fisher House St. Louis** is identified as a
501(c)3 non-profit organization by the IRS. EIN 01-0881719.
Mailing address: PO Box 998, Fenton MO 63026

www.FisherHouseinStL.org