

# Delaware Commission of Veterans Affairs Sponsors Freedom 5K Run/Walk on July 5th

**Dover** – The Delaware Commission of Veterans Affairs will sponsor the 15th Annual Freedom 5K Run/Walk on Saturday, July 5, 2014, 9:00 AM, at Silver Lake Park in Dover. A Healthy Kids Run (kids 8 & under) starts at 8:55 AM. All proceeds will benefit the Delaware Veterans Trust Fund that provides assistance to Delaware's veterans in financial crisis. The registration fee is \$20 until June 28th, \$25 after and on event day. Registration starts at 8:00 AM. Kiddie K race is FREE! Make checks payable and mail to Veterans Trust Fund, 2772 Hazletville Rd, Dover, DE 19904. Contact Ray at 302-674-3213 or email: [Races4u@TriSportEvents.Com](mailto:Races4u@TriSportEvents.Com). Register online at <http://www.TriSportsEvents.Com>. Can't make the race but would still like to support this event? Register as a Silent Hero! Unique awards for overall male, female and master's winners and top 3 male & female runners in 10 year age groups starting with 14 & under, thru 70 & over. 5K walk awards for top 3 male & female finishers. AWARDS to most patriotic male & female participants. Ribbons to all Kiddie K finishers. "Freedom 5K" tee shirts to all participants and volunteers. Post race festivities includes free food and beverage.