



# Veterans Day 5K

presented by Safety And Health Foundation, in support of



- Benefits **Operation Reinvent**, serving America's female veterans worldwide •

**Saturday, November 7, 2015 • 11:00 AM**

[www.safetyandhealthfoundation.org/veterans](http://www.safetyandhealthfoundation.org/veterans)

**Start / Finish on Mount Vernon Trail in Rosslyn • GPS 1201 Lee Highway, Arlington VA**

- Start / finish at Virginia end of Key Bridge, on east side (facing DC) -- run along the Potomac River •
- Parking is free in Rosslyn on Saturdays •
- The start line is a short walk from Rosslyn Metro station on Blue/Orange/Silver Line •
- Downhill, then flat and scenic • Follows Mount Vernon Trail from Rosslyn past Memorial Bridge and back •
- Run past Theodore Roosevelt Island and see Franklin Delano Roosevelt Memorial on other side of the river •
- Colorful high-tech t-shirt • Post-race refreshments • USATF-certified course VA10078RT •
- Awards to top 3 overall M/F and top 3 in 10-year age-groups M/F •
- Host Hotel: Key Bridge Marriott, 1401 Lee Highway, Arlington VA (703-524-6400) group "VETERANS DAY 5K" •
- This race is GREEN • To emphasize our commitment to conservation, we use the old-fashioned environmentally-friendly bib number timing method •
- Please wear your bib number visibly on the front of your shirt •
- All our printing is two-sided on recycled paper • Paperless entry at [www.safetyandhealthfoundation.org/veterans](http://www.safetyandhealthfoundation.org/veterans) •
- Bring crushed aluminum cans in bags for recycling by Guy Distributing in Leonardtown MD •
- Bring your used (but not abused) running shoes to packet pick-up for recycling by **More Foundation Group** •
- Our t-shirts are by **Sport Science™** > using environmentally-friendly non-polluting ink fusion, not screen printing •

- Veterans Day commemorates the end of World War I at the 11th hour on the 11th day of the 11th month of 1918, when Germany signed an armistice agreement with the Allies in a railroad car outside Compiègne, France
- The First World War left nine million soldiers dead and 21 million wounded, with Germany, Russia, Austria-Hungary, France, and Great Britain each losing nearly a million or more lives.
- In addition, at least five million civilians died from disease, starvation, or exposure.
- Now thousands of veterans of recent wars need support all over America.
- **Operation Reinvent** assists women veterans to return to civilian life and to find jobs commensurate with their finely-tuned professional skills

## • Veterans Day 5K • REGISTRATION FORM •

- Make checks payable to **SHF**, 611 South Ivy Street, Arlington VA 22204 •

By entering this event, I agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run this race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Safety And Health Foundation, Operation Reinvent, National Park Service, Arlington County Virginia, Road Runners Club of America, USATF, and all sponsors, their directors, elected and appointed officials, employees, officers, agents, representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I acknowledge that the application fee shall be non-refundable. I agree that Operation Reinvent and Safety And Health Foundation may use my name and likeness for publicity purposes. We keep all data private.

Signature \_\_\_\_\_ (parent or guardian if under 18)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

E-mail \_\_\_\_\_

T-shirt  XS  S  M  L  X  XXL • Gender  (M)  (F) • Age as of 11/7/2015 \_\_\_\_\_

Phone \_\_\_\_\_ • Birthdate \_\_\_\_\_ (mm-dd-yyyy)

Enclosed is my entry fee:

\$25 by October 31     \$30 by November 6     \$40 on November 7 (race day)

- Members of **supporting clubs** and **US military service veterans** may take a \$10 discount •

Club name \_\_\_\_\_ or **Branch of military service** \_\_\_\_\_

Enclosed is an additional tax-deductible donation to **Operation Reinvent** of \$ \_\_\_\_\_

  
**OPERATION** **reinvent**  
*Building Confidence. Creating Success.*

**OPERATION REINVENT graduates are a new talent pool, a new pipeline, a new resource for America**  
**We prepare thousands of women veterans for the right job, one woman at a time.**

OUR MISSION, OUR GOAL, OUR 110% DEDICATION IS TO TAKE HER  
**FROM THERE** **TO HERE!**



When I left the military, I felt as if I lost a huge portion of my identity and had to ‘reinvent’ myself. What **Operation Reinvent** is doing is more important than you realize. On behalf of my sisters and me, I thank you for throwing a lifeline to a new life. These are the finest women our country has produced and they deserve only the finest in return.

-- Sharie Derrickson, CEO of **Vet Net Zero**, 2013 White House ‘Champion of Change,’ **Operation Reinvent** board member

**OVERVIEW: TODAY’S WOMEN VETERANS**

In the last 12 years, women in the military have broken glass ceilings and achieved success. Today, women can choose combat duty and rise to become four-star generals. After 12 years of war, some of these young women have battle scars, but their leadership experience and maturity is far beyond their years. Today’s women veterans are the best-educated, best-trained, most professional generation of veterans in American history. Now is the time for them to apply the skills forged on the battlefield in the workplace and for corporate America to reap the benefits.

Yet, the unemployment rate for women veterans is still 66% higher than that of male vets (Source: U.S. Department of Labor). For women veterans who are mothers, the childcare support that they enjoyed while in military service ceases the minute they are separated -- and homelessness, albeit a very small percentage, is a very disturbing issue.

**OUR MISSION, OUR GOAL:** *Jobs, jobs, jobs: The RIGHT JOBS for these highly skilled women veterans.*

**OUR MISSION:** To help women veterans of post-9/11 wars transition from military to civilian life and to become self-sufficient and self-reliant. To fully prepare women veterans for the interview process and the civilian workplace by giving them all the tools they need to get the RIGHT JOB.

**OUR GOAL:** Every woman veteran who graduates from **Operation Reinvent** emerges trained to deal with a culturally-different and ever-changing workplace with the same equanimity, strength, and clear thinking that she did in the military.

Every **Operation Reinvent** graduate is on a clear path to achieve her career goals within 6-8 months after separation from the military.

**Operation Reinvent** is powerful, focused, and unique, because it offers every possible angle of support to prepare women veterans for the right job through a well-thought-out series of highly personalized initiatives and re-training. Visit us today at [www.operationreinvent.org](http://www.operationreinvent.org)

Sponsored by **ASPIRE Natural Sports Drinks** and **Carb Boom! Energy Gel by BOOM! Nutrition**



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