



**EARN YOUR MEDAL OF
BRAIN HEALTH HONOR**

10K & 5K RACE ♦ 1-MILE FUN RUN

Saturday, October 14, 2023 - 7:00-9:30am
Brandi Fenton Memorial Park - Tucson, AZ



**Brain Injury
Alliance**
ARIZONA

THE MARCH IS ON

With more than 600,000 veterans in Arizona, there is a growing need to help those in various stages of recovery from brain injury, PTSD, trauma, or suicidal ideation.

Founded in Tucson in 1983, the Brain Injury Alliance of Arizona has successfully answered the call to action by empowering veterans, their families, and caregivers with an array of support services, education, and advocacy —

at no cost to veterans. Today, our statewide organization annually serves 9,000+ veterans and military families across Arizona, helping them adapt, recover, and connect to their peers and community for an improved quality of life. Participating in the **2023 Salute Our Vets 10K/5K/1-Mile Fun Run** means you can be a part of this

statewide movement — offering hope and assistance to veterans and their families.

Proceeds from this annual event will support **Brain Injury Alliance of Arizona's Veteran & Military Emergency Relief Fund** — *so no veteran walks alone in their time of need.*



TANGO... OR FOXTROT

Or run. Or walk. Or use a wheelchair. No matter how you roll, now is the time to put your best foot forward and support our vets. You can enter the 10K or 5K race, or kick back with a 1-mile Fun Run. Either way, you're doing your part to honor their service and make their lives that much better.



HIT THE GROUND RUNNING



FRIDAY, OCTOBER 13

3:00 pm - 6:00 pm

Packet Pickup
Fleet Feet Sports
7301 E. Tanque Verde Road
Tucson, AZ 85717

SATURDAY, OCTOBER 14 ★ RACE DAY

Brandi Fenton Memorial Park
3482 E. River Road | Tucson, AZ 85718

7:00 am

Packet pickup & registration opens
Brunch for all participants

8:00 am

10K Run begins

8:15 am

5K Run begins

8:20 am

1-Mile Fun Run begins

9:00 am

Awards ceremony



RACE DAY REGISTRATION

REGISTER BY 10/4

\$40 10K Race

\$30 5K Race

\$20 1-Mile Fun Run

REGISTER AFTER 10/4

\$45 10K Race

\$35 5K Race

\$25 1-Mile Fun Run

If you can't make it on race day, choose the path wherever and whenever is best for you—even your treadmill.

\$30 Choose Your Path
Virtual Race

BRAVO ZULU!

All participants in the 10K Run, 5K Run, 1-Mile Fun Run, and Virtual Race will receive a distinctive SALUTE OUR VETS custom ON-Fit Tech T-shirt and medal. Your swag will let people know you support brain health for vets.

Registration & Information

Scan QR Code, visit biaaz.org/sov, email info@biaaz.org, call (888) 500-9165



THERE'S NO SUBSTITUTE FOR ACTUAL BOOTS ON THE GROUND



★ THANK YOU ★ THANK YOU ★ THANK YOU ★

The Brain Injury Alliance of Arizona is honored to provide free services for veterans and military families throughout the year. This includes peer and caregiver support groups, one-on-one guidance, and Whole Health Taking Charge of My Life classes.

Please contact us with any questions or concerns you may have about recovering from brain injury or maintaining brain health.

Nobody has to fight this invisible disability alone.



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ARIZONA

MAKING THE INVISIBLE VISIBLE SINCE 1983

Celebrating 40 years of service to the survivors,
families, caregivers, professionals, veterans impacted by brain injury.