

American Legion & Veterans of Foreign Wars

Run for Heroes

5K RUN/WALK TO RAISE FUNDS FOR LOCAL VFW AND AMERICAN LEGION POSTS
ALL PROCEEDS GO TO OUR VETERANS
OCTOBER 17, 2026
AT 9:00 AM SHARP RAIN OR SHINE
BALDWIN PARK, BALDWIN, NY

Proceeds to benefit the participating Posts:

Participating Posts

Sponsorship Levels Available

- ❖ East Rockaway VFW Post 3350
164 Main Street, East Rockaway, NY 115
 - ❖ Freeport American Legion Post 342
925 S. Ocean Avenue, Freeport, NY. 1152
 - ❖ Malverne American Legion Post 44
250 Franklin Avenue, Malverne, NY. 1156
 - ❖ Rockville Centre American Legion Post
197 Maple Avenue, Rockville Centre, NY.
- Patriot Sponsor: \$1,500 comes with logo on race shirt and Race Lawn Sign
Stars & Stripes Sponsor: \$1,000 comes with logo Race Shirt.
Red, White and Blue Sponsor: \$500 name on Race Shirt
Heroes Sponsor: \$250 name on Global Race Sign
Water Station Sponsor (2): \$750 (each station). Sponsorship Signage at Water Station and name on Race Shirt.

Register at events.elitefeats.com/26runforheroes

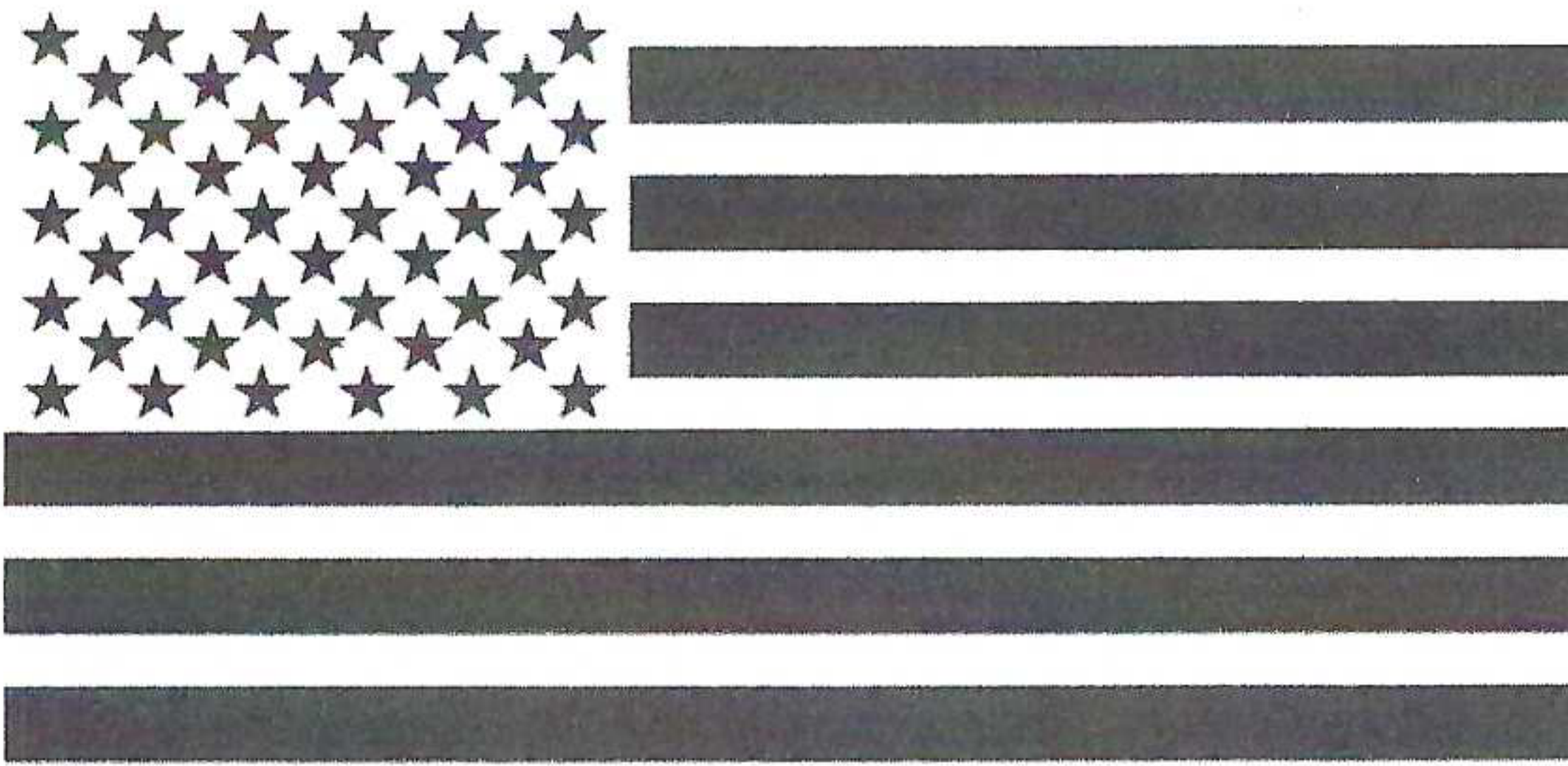
WE WANT YOU:		OR SCAN THIS QR CODE TO REGISTER
RUNNER PRICE:	\$35 per racer pre registration	
	\$30 student	
	\$25 Veteran	
	\$20 17 years & younger	
	\$15 per racer	



DON' T ONLY STAND WITH OUR VETERANS, RUN FOR THEM!

If you have any questions eMail RunforHeroes2026@gmail.com

RUN FOR HEROES



5K RUN TO RAISE FUNDS FOR LOCAL VFW & AMERICAN LEGION POSTS

Corporate and Individual Sponsorship Form

Showcase your brand to the communities of Baldwin, Freeport,
Lynbrook, Malverne, East Rockaway & Rockville Centre

Name: _____

Organization: _____

Address: _____

eMail: _____

Phone: _____

Sponsorship Levels Available

Deadline to submit is September 18, 2026

Donations to be made payable to:

East Rockaway VFW Post 3350

164 Main Street, East Rockaway, NY 11518

Patriot Sponsor: \$1,500

Comes with logo on race shirt and race lawn sign

Stars & Stripes Sponsor: \$1,000

Comes with logo on race shirt

Red, White & Blue Sponsor: \$500

Name on race shirt

Heroes Sponsor: \$250

Name on global race sign

OTHER _____

ANY DONATION IS GREATLY APPRECIATED!!

If you have any questions eMail RunforHeroes2026@gmail.com



Veterans of Foreign Wars of the United States

ROBERT F. GARRISON POST 3350

164 Main Street East Rockaway, N.Y. 11518

Dear Supporter,

In the past, our post the Robert F. Garrison Veterans of Foreign Wars 3350 East Rockaway, as well as other veteran organizations in Rockville Centre, Lynbrook, Malverne, Freeport, and Baldwin, have been involved with the annual 5K run / walk held in Baldwin Park. This year these organizations are sponsoring the 5K run / walk on Saturday October 17th, 2026. For this event to be successful, sponsors and runners are needed for the race, especially sponsors from local businesses in the communities, and runners from the area.

This event will result in a direct benefit to East Rockaway VFW Post 3350, the local veteran community as well as the various veteran causes that the East Rockaway VFW supports throughout the year.

We are hoping that the businesses, civic community, and the organizations that they represent can be race sponsors and hopefully participants in the race as well.

For those that may be somewhat familiar with East Rockaway VFW Post 3350, we presently have 130 Veterans from the Greatest Generation of WWII, and veterans to the Latest Generation of Heroes that served in Iraq, Afghanistan, and around the globe. Our post is celebrating 91 years of service to veterans and the community.

Your support will help us continue our unwavering support to the following yearly activities and the VFW programs:

Military Assistance Programs

Family Gatherings, in preparation for active duty deployment and upon return home

Hospitalized Veteran's Assistance

Provide Scholarships for H.S. Students

Scouting, EMS, Police, Fire, and Teacher awards

If you are able to participate as a runner or runner's (please spread the word), the enclosed forms have information on the web link and information on registration.

If you are able to be a sponsor, thank you for your generous support. Please fill out the enclosed sponsorship form. Checks can be made out to East Rockaway VFW Post 3350 and mailed to the above address:

Thank you again in advance for your support.