

# Veterans 5 mile Challenge And 1 mile walk

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- **Nov 13,2021** •
  - **Start time 8:30 am** •
  - **VFW Post 10209**  
**14736 Edward Noll Rd**  
**Spring Hill FL 34609**•
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5-mile run, every mile has an exercise to be completed (mountain climbers, lunges, squats, pushups, pullups)

Proceed will benefit VFW National Home  
[www.vfwnationalhome.org](http://www.vfwnationalhome.org)

Register at VFW Post 10209  
Or on our Facebook Event page  
[www.facebook.com/VFWPost10209](https://www.facebook.com/VFWPost10209)

