# VA2K

Department of Veterans Affairs

**Walk, run or roll 1.24 miles or 2,500 steps. The VA2K is short enough that even slow walkers can complete it during a 30-minute lunch break.**

**Date: Wednesday, May 15, 2013** **Time: 11:00 – 1:00 p.m.**

**Starting Place: UTHSC Track Pavilion (Other Side of Gold's Gym)**

**Purpose: To encourage fitness for everyone! To benefit Homeless Veterans!!!**

**Suggested Donations: Fast Food Restaurant Gift Cards, Bus Passes, Phone Cards**

**No registration fee.**

******* Giveaways! Music! Fun! *******

***Snacks provided by Jimmy Johns, Papa Johns and Voluntary Service.***

***Bottled water provided by Veterans Canteen Service.***

***A Traveling Service Spirit Award will be given to the Service with the most Spirit!***

**For more information contact Linda Zaiontz, Employee Wellness Committee Chair at 15125 or Linda.Zaiontz@va.gov**

APPROVED
R. Risemas
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