

4th Annual Veterans Heritage Ridge Run

- ★ 5K Trail Run
- ★ 10K Rucksack Run
- ★ 1 Mile Fun Walk

Presented by
Veteran Heritage Site Foundation &
Vietnam Veterans of America Chapter 1078

October 16, 2021

9:00 a.m.



Sharp's Ridge Veterans Memorial Park
Starting Line: Lincoln Park Technology Trade Center
535 Chickamauga Avenue
Knoxville, TN 37917

The 4th Annual Veterans' Ridge Run is a fundraiser for the construction, upkeep and support of Sharp's Ridge Veterans Memorial Park. Run the Trails on Sharp's Ridge.

Rucksack runners will carry a rucksack with 10 pounds of food to bring awareness to the 22 veterans who commit suicide daily due to carrying the burdens of PTSD. The food will be donated to Second Harvest.

Jr ROTC will compete among themselves and against other High School Jr ROTC teams. Running Teams are encouraged to enter as teams as well.

Sign up for one of the following: **5K; 10K; Fun Walk/Run; Supporter** at:

<https://runsignup.com/race/tn/knoxville/theveteransheritageridgerun5k?remMeAttempt=>

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