



MEMORIAL DAY WEEKEND 05.25.24

• Gray's Lake Park • Des Moines •

REGISTER

• www.starsstripesspirit.com •

\$35 for Adults | \$25 for U18s
\$10 early discount ends 4.25.24

0800 • Registration Begins

0900 • Walk / Run Start

1000 • Post Event Ceremonies

5K Walk/Run & 1K Walk Option

Color Rush Run for Kids and the
Young at Heart

Event T-Shirt

Food and Beverages

[#starsstripesspirit5k](https://www.instagram.com/starsstripesspirit5k)