



**MEMORIAL DAY WEEKEND 05.16.26**

• Gray's Lake Park • Des Moines •

**REGISTER**

• [www.starsstripesspirit.com](http://www.starsstripesspirit.com) •

\$40 for Adults | \$25 for U18s  
\$10 early discount ends 4.15.26

0800 • Registration Begins

0900 • Walk / Run Start

1000 • Post Event Ceremonies

5K Walk/Run & 1K Walk Option  
Event T-Shirt

1st / 2nd / 3rd Place Awards  
in each Category, PLUS Awards  
for Most Patriotic Costumes

Food and Beverages

**#starsstripesspirit5k**