



ARMED FORCES DAY 05.16.26

• Gray's Lake Park • Des Moines •

REGISTER

• 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 Age Category, PLUS Awards
for Most Patriotic Costumes

Food and Beverages

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