



5K SATURDAY, NOV. 14, 2026

West Bicentennial Park, 5351 Park West Lane, Bethlehem, PA

Join the Veterans & Military Council for the annual 5K Ruck 'N Run/Walk with Lehigh Valley colleges, universities, employers, and supporters to honor Veterans Appreciation Week.

- ✓ OPEN TO ALL AGES & FITNESS LEVELS!
- ✓ JOIN WITH A TEAM OR SOLO!
- ✓ FUN, MUSIC & GIVEAWAYS!

DONATE TO REGISTER! Proceeds go directly to a veteran non-profit in the Greater Lehigh Valley.

\$30+ Donations Receive an Exclusive Giveaway!

