



## 2016 Wounded Warrior Caregiver 5K

Sons and daughters, brothers and sisters, nieces and nephews ~~ most of us have relatives, friends or neighbors who have served our Nation in combat during the past decade. Some have returned home wounded. Every day, all day, these wounded warriors receive love and assistance from their caregivers. Often wives or husbands, mothers or fathers, these caregivers need our help, yours and mine, to continue their dedicated devotion to their beloved warrior.

The Knights of Columbus Fitzgerald Council 459 and the Catholic Daughters of the Americas Court Kavanaugh 54 will host the 4th annual 5K Run to provide much needed funding for Operation Homefront's caregiver programs. This non-profit national organization exists to provide emergency financial and other assistance to families of service members and wounded warriors. Operation Homefront also offers grants to meet the most basic needs such as rent, utilities, food and housing.

We must not forget our warriors and their families! Please consider supporting this fund-raising effort through financial or in-kind donations sponsorship.

The run will take place on **October 1st, 2016, at 9 am, in the Cameron Run Regional Park** on Eisenhower Avenue in Alexandria. Prior to the run start, a Uniformed Services Color Guard will post the national colors and a quintet from one of the military services will offer a sampling of patriotic music. One or two caregivers will share their experiences citing Operation Homefront's vital assistance, thus underscoring the importance of your support. Additionally, we hope to have several wounded warriors run the course with us. Following the run, we will have individual times available. All runners will receive commemorative "dog tags/medals" and be eligible for after-race drawings.

We welcome all support you wish to contribute. **All proceeds go to Operation Homefront programs supporting wounded warrior caregivers.**

Thank you for helping us to help those who care for our Nation's heroes!

**Larry Clark**  
Grand Knight  
Fitzgerald Council #459  
Knights of Columbus

**Vivian Dietrich**  
Executive Director  
Operation Homefront  
Mid Atlantic Region

**Deborah Weatherly**  
Regent  
Court Kavanaugh #54  
Catholic Daughters of the Americas