



## **MANTUA VFW 5K "RUNNING FOR VETS"**

October 5, 2025 "Rain or Shine"

***Event proceeds to benefit Honor Flight of Southern New Jersey  
and the Mantua VFW***

5K run and 1 Mile Walk will start and finish at the Mantua VFW and continue through beautiful Chestnut Branch Park. **After race and walk finish, everyone is invited to the Mantua VFW Post 7679, 8 New York Ave., Mantua, NJ.** Click on their Facebook Page for directions and a map. Post-race festivities will include the Awards Ceremony, Refreshment, Luncheon, assorted snacks and age appropriate complimentary beverages. ***Fun for all Ages - Family Friendly Atmosphere.*** Please visit [www.sjhonorflight.org](http://www.sjhonorflight.org) for more information on Honor Flight of Southern New Jersey.

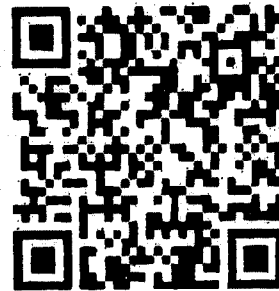
**5K Awards:** 1st Overall Male & Female Finishers

**Age Group Divisions - Top 3 Males & Females:**

19 & Under, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70+  
- Ribbons to All One Mile Finishers!



- **Entry Fees: - Includes Event T-Shirt**  
5K      \$30  
1 Mile   \$25  
Student discounts available - see website
- **Pre-Entry up to Oct. 2, 2025:** Please go on-line to <https://www.linmarksports.com/> to complete individual entry form, and entry fee payment.
- **Walk-up Entry on Event Day: 8:30 a.m. to 9:30 a.m.**  
5K and 1 Mile Start at the VFW: 10 a.m.



**Mantua VFW Post 7679 FACEBOOK PAGE**

**Address:** 8 New York Ave, Mantua, NJ 08051

**Phone:** (856) 468-9821

**Website:** [vfw.org](http://vfw.org)



**Timing & Results by LINMARK Sports, Inc. [www.linmarksports.com](http://www.linmarksports.com)**

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