


Stars & Stripes 2025 Bike-Run-Walk!


SEPTEMBER 28, 2025

Boonville VFW Post 5538


Food,
Refreshments &
Raffles Following the
Event in the VFW!

— 4 FUN EVENTS, SOMETHING FOR EVERYONE!

1 
**30-Mile
Biking Loop**
Challenging road-ride
for ages 13 & over.
Rest & refreshment
stop along the route.

2 
**20-Mile Tow
Path Ride**
Out-&-back,
go as far as you wish.
Towpath is hardpacked
dirt, non-vehicular road,
very slight grade.

3 
**5k
Run**
Noncompetitive
scenic 5k run on
country roads and
towpath trail.

4 
**Scenic
Walk**
Around Erwin
Park.

Registration

1 & 2 BIKE RIDES
8:00AM

3 & 4 RUN & WALK
10:00AM

Start Times

1 Road Ride: 8:30AM
2 Tow Path: 8:45AM

3 Run: 10:30AM
4 Walk: 10:45AM

Entry Fee

Ride/Walk/Run: \$25 minimum Registration-Donation
Tow Path Ride: Adults \$25 min, 12 yrs & Under: \$1 per mile

\$200 Minimum Donation for Jersey or Polo Shirt*
Pledges can be applied toward entry fees.

To download pledge forms, or to be sent one by mail,
contact: jwarmuth@sitrin.com.

*Participants who
raise \$200 or
more and submit
by 8/1 can order
an official Stars &
Stripes Short Sleeve bike jersey,
or an embroidered Sitrin Military
Program Polo Shirt AT NO COST!



The Stars & Stripes Bike-Run-Walk proudly supports Sitrin's Military Program.

To donate, make checks payable to the "VFW Post 5538"- Reference "Paul Fortin's Bike-Run-Walk"

Send checks to: VFW Post 5538, 108 Park Ave., Boonville 13309

For more information, call Paul Fortin: 315-767-9708 or email: jwarmuth@sitrin.com