



Louisville Mayor Greg Fischer's

2015 WEEK OF VALOR



Friday, November 6, 6 p.m. - Saturday, November 7, 4 p.m.

Carry the Fallen 22 Challenge Ruck March

Location: Cherokee Park Scenic Loop. A 22-hour relay-style ruck march to remember the 22 veterans a day who commit suicide. The relay event will allow participants to walk any distance and the public is welcome to attend. The event will also have acoustic musical entertainment and vendors.

Contact: Active Heroes, Scott Bruzek; carrythefallen@activeheroes.org | www.activeheroes.org.

Saturday, November 7, 12:30 - 3 p.m.

Team Red, White, & Blue Hosts Workout of the Day-Armistice

Location: Crossfit Covalence, 530 Barret Ave. Louisville's Team Red, White, & Blue Community joins with 150 locations around the country to provide a functional tribute workout that uses all forms of exercise to help veterans set and achieve goals, re-energize a sense of purpose and form bonds in the community to strengthen the nation's connection between veterans and civilians.

www.crossfitcovalence.com.

Sunday, November 8 at 2 p.m. (On-site registration begins at 12 p.m.)

Run With Our Heroes 5K

Location: University of Louisville Campus (behind Ernst Hall and Speed School off Eastern Pkwy). This run/walk celebrates all branches of the military, veterans and their families. Proceeds from the Run with Our Heroes 5K will support the UofL Student Veterans Services Fund and Veterans Behavioral Health Programs at Seven Counties Services. Join us and celebrate the men and women who have so proudly served our nation!

Contact: Susan Norsworthy; snorsworthy@sevencounties.org | Register online at www.runwithourheroes.org.

Monday, November 9, Registration 5:30 - 6 p.m., Banquet 6 - 8:30 p.m.

Kentucky Veterans of the Year Banquet

Location: Brown & Williamson Club, 2800 S Floyd Street. This annual event honors one male and one female Kentucky veteran for their heroic efforts defending our country and our Commonwealth's way of life, in addition to honoring and celebrating each and every veteran living in the state of Kentucky.

Contact: John Mustain, (502) 637-4440 or jmustain@efky.org | www.kentuckyveteransoftheyear.org

Tuesday, November 10, 8 - 9:30 a.m.

Louisville Business First Salute to Veterans

Location: Noah's Event Venue, 12451 Plantside Dr. Louisville KY 40299. This annual breakfast will honor 23 veterans that impact the Louisville business community. The featured speaker will be Colonel Walter Hurd.

Tickets can be purchased at <http://bizj.us/15a8fr>.

Contact: Nikki Deese, (502) 498-1933 or ndeese@bizjournals.com | www.louisvillebusinessfirst.com.

Tuesday, November 10, 5 - 8 p.m.

2015 VA Welcome Home Event "From War to Home" Traveling Exhibit

Location: Robley Rex VA Medical Center, 800 Zorn Avenue. "From War to Home Exhibit" explores the realities of military service through words and images from Veterans of the Wars in Iraq and Afghanistan and local Veterans' Art Work from the community and the Kentucky Center for the Performing Arts - Arts in Healing program.

Contact: Laura Schafsnitz, (502) 287-4227 or vhaloupublicaffairs@va.gov | <http://www.louisville.va.gov/>

Wednesday, November 11 at 11 a.m.

Veterans Day Parade & Massing of the Colors

Location: Downtown Louisville – Main Street from Second Street to Sixth Street; the first unit will arrive at the Review Stand, at the steps of the Kentucky Center for the Performing Arts at 11:11 a.m. The Massing of the Colors will take place at the Review Stand as soon as the last parade unit passes at approximately noon.

Contact: Dell Courtney, (502) 228-5237 or dellcourtn@aol.com | www.louvetparade.com.

MORE EVENTS 

Wednesday, November 11, 4 a.m. – 11 p.m.

Active Heroes Pound Challenge & Telethon in Partnership with WAVE 3

Location: The Factory Gym, 2510 Hurstbourne Gym Lane, Louisville, 40220. Active Heroes and gym partners across America will work to lift 22 million pounds to raise donations and awareness to end veteran suicide. WAVE 3 will host a telethon in partnership with The Factory Gym.

Contact: Active Heroes, Jeremy Sneed, poundchallenge@activeheroes.org | Learn more: www.activeheroes.org.

Thursday, November 12 from 6 – 8 p.m.

Warrior's Heart & Harvest

Location: 201 S. Peterson Avenue. More information: Join Athena Sisters for a free spaghetti dinner as they pay tribute to our sisters and brothers during the Mayor's Week of Valor. This is a child-friendly event with various children's activities and games. Partners include Warrior's Heart & Harvest, Brain Injury Alliance of Kentucky and the Kentucky Center for the Performing Arts.

Contact: Lindsay Gargotto; Lindsay@athenassistes.us | <http://athenassistes.us/>

Saturday November 14 from 10:30 a.m. - 2 p.m.

Veterans Complimentary Care Expo

Location: Beargrass Christian Church, 4100 Shelbyville Road

More information: Robley Rex VA Medical Center is hosting this event to showcase complementary care programs and activities provided to Veterans by Robley Rex VA Medical Center and community partners. Examples of complementary care programs represented are Arts in Healing, Yoga Warriors, Dancing Well: The Soldier Project, Paws for Purpose, Acupuncture and many more. The event is free and open to the public.

Contact: Laura Schafsnitz, (502)287-4227 or vhaloupublicaffairs@va.gov | <http://www.louisville.va.gov/>

Saturday November 14 from 2 - 4 p.m.

Adaptive Sports Rollout

Location: Algeier Community Center, 4101 Cadillac Ct., off Poplar Level Road.

More Information: Metro Parks Adaptive Leisure Services, Frazier Rehab, and Paralyzed adapted sporting opportunities in Louisville available to veterans with mobility issues. Paralympic athletes will be on hand to visit with veterans and demonstrate their sports.

Contact: BJ Levis, (502)744-0507 or BJ.Levis@louisvilleky.gov | Learn more at www.metro-parks.org.

All week long

COMMUNITY SERVICE PROJECTS TO SUPPORT VETERANS AND VETERAN FAMILIES

Volunteers of America Mid-States will be coordinating volunteer opportunities with individuals, businesses and civic groups to support veterans and veteran families being served by veteran service organizations throughout the Mayor's Week of Valor. In an effort to support and integrate community relationships, Volunteers of America, in collaboration with VCAL, will connect the community with various projects and organizations throughout the week.

Contact: Donna Trabue at donnat@voamid.org | Learn more: www.voamid.org and www.vcalouisville.org.

About the Mayor's Week of Valor and Veterans Community Alliance of Louisville

The Mayor's Week of Valor is supported by the Veterans Community Alliance of Louisville (VCAL). VCAL is an initiative launched in 2014 by a group of young professionals participating in Leadership Louisville's IGNITE program in conjunction with Volunteers of America Mid-States and Seven Counties Services. VCAL is comprised and led by more than 50 individuals representing corporate, non-profit, government and civic organizations. VCAL's mission is to create an integrated network of support for veterans and their families by coordinating services, resources, and initiatives to increase communication across organizational lines, enhance quality and delivery of service, and promote veteran-friendly community relations in Louisville. To learn more about the Mayor's Week of Valor Events and the VCAL, visit www.vcalouisville.org.

