FOR IMMEDIATE RELEASE

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The Race is on!
VOC Hosts 12th Annual Pound the Ground for Veterans Outreach Center Virtual 5K Run/Walk

Rochester, NY – For it’s 12th year in a row, Veterans Outreach Center will be hosting their annual Pound the Ground for Veterans Outreach Center 5K Run/Walk Wednesday, Aug. 19. This event will be 100 percent virtual and provide participants the opportunity to run, walk or race wherever they are.

“Despite the challenges COVID-19 has presented, we are very excited for this year’s Pound the Ground event,” Veterans Outreach Center Executive Director and U.S. Army Veteran Laura Stradley said. “By offering this event virtually, we give participants more freedom and flexibility to choose where and how they run or walk. While we will miss the comradery and the competition that an in-person event creates, we know that our community will band together to support the brave men and women who fought for our country – and have a great—and safe—time doing it.

“When you Pound the Ground for Veterans Outreach Center, you provide housing placement services, legal and employment services, suicide awareness and prevention support, wellness services at our Morale Center and more to thousands of veterans annually. Supporting our 5K means supporting those who sacrificed their safety and put their lives on hold for our freedoms.”

Registration is open through Wednesday, Aug. 19, but participants can record their time online from Aug. 17 - Aug. 30. More details are available at www.vocroc.org.

Pound the Ground is sponsored by Martin’s Point HealthCare, Howe & Rusling, Professional Notary Services, Inc. and United Healthcare.

Veterans Outreach Center is grateful for those who share their time, treasure, and talent. Any of these will help continue VOC’s exceptional services during these difficult times. Visit vocroc.org for a list of opportunities. Together, our dedication to supporting veterans must be unwavering.

Since 1973, Veterans Outreach Center has been committed to improving the quality of life for Veterans and their families by offering free, Veteran-specific services, including employment counseling, vocational training and housing for
homeless veterans. For more information about VOC services please call 585.546.1081 or visit www.vocroc.org.

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