

5K

Live Healthy **IOWA**

April 13, 2019

ASBURY • BONDURANT • BRITT
CARROLL • DECORAH • DIKE • FAIRFIELD
HIAWATHA • IDA GROVE • MT. PLEASANT
ONAWA • PERRY • RATHBUN LAKE
SERGEANT BLUFF • SIOUX CENTER • SPENCER
STORY CITY • WAUKEE

For site specific information, visit
LiveHealthy **IOWA5K.org**



ONAWA

5K RUN/WALK • 8 AM 1K KID'S RUN • 9 AM

**T-shirt • Race Number • Finisher Medal
Post-Race Refreshments • Prizes**

REGISTER TODAY *LiveHealthy* **IOWA5K.org**

888.777.8881

• info@livehealthyiowa.org



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