

 **Live Healthy IOWA**

**5K**

**APRIL 23, 2022**

**8 AM 5K RUN/WALK**

**9 AM KID'S 1K RUN**

*\*A VIRTUAL OPTION IS ALSO AVAILABLE*

**REGISTER TODAY!**

*Live Healthy* **IOWA 5K.org**



**T-SHIRT**

**PRIZES**

**RACE NUMBER**

**FINISHER MEDAL**

**POST-RACE REFRESHMENTS**

 **SIBLEY**  **DICKINSON COUNTY**

 **SPENCER**

 **DECORAH**

 **HANCOCK COUNTY**

 **STORM LAKE**

 **SERGEANT BLUFF**

 **FORT DODGE**

 **DIKE**

 **CARROLL**

 **ANAMOSA**

 **BONDURANT**

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