

# Live Healthy Iowa 5K - Decorah

Saturday, April 15, 2023

8:00 am 5K run/walk, 9:00 am 1K kid's run

[CLICK HERE TO REGISTER](#)

Make sure to go to our [Facebook Page](#) and share that you are going!

## Race start/finish:

East Entrance of the Winneshiek Medical Center (901 Montgomery Street, Decorah)

[Route Map-5K](#)

[Route Map-1K](#)

## Event Details:

5K Run/Walk

Early registration (January 9 - March 27) - \$25

Late registration\* (through April 10) - ONLINE ONLY - \$30

On-site\* - \$30

\*T-shirts are not guaranteed with late or on-site registration

\*\*Adult 10 Week Wellness Challenge participants receive \$10 off registration

*10 Week Wellness Challenge Participants must present confirmation email if registering on-site*

1K Kid's Run (12 and younger)

Early registration (January 9 - March 27) - \$5

Late registration\* (Through April 10) - \$5 - ONLINE ONLY

On-site\* - \$5

\*T-shirts are not guaranteed with late or on-site registration

## Packet pickup/On-site registration:

Day of event packet pickup will be Saturday, April 15, from 6:45-7:45 am in the Winneshiek Medical Center cafeteria.

## For Local race information, please contact:

Marketing & Communications at Winneshiek Medical Center

[communityrelations@winmedical.org](mailto:communityrelations@winmedical.org)