

Live Healthy Iowa 5K - Dike

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:

Grundy County Lake (16855 U Ave., Dike)

[5K Route Map](#)

The 1K Route is a portion of the 5K Route

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:

Saturday, April 15 - 7:00-7:45 am - Grundy County Lake (16855 U Ave., Dike) at the shelter on the north side of the lake

For Local race information, please contact:

Crystal Petersen, Grundy County Wellness Committee

crystal.petersen@unitypoint.org

For race questions day questions call: 319-239-4352

Hosted by:

Grundy Center Wellness Committee