

Live Healthy Iowa 5K – Fort Dodge

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:

32nd Street Trail (1111 N 32nd Street, Rosedale Rapids Aquatic Center, Fort Dodge, IA 50501

[5K and 1K Route Maps](#)

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 race: 7 am - 7:45 am Shelter at the 32nds Street Trail

For Local race information, please contact:

Regina Suhrbier, Outreach Coordinator, Community Health Center of Fort Dodge 515-576-6500 or email rsuhrbier@chcforddodge.com

Sponsors:



