

Live Healthy Iowa 5K – Red Oak

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:

The race will begin at 8:00am at Montgomery County Family YMCA

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:

Packet pick-up will take place at Montgomery County YMCA - 101 E Cherry St. Red, Oak IA. Participants can register in-person during normal business hours prior to the early registration deadline.

For Local race information, please contact:

Montgomery County Family YMCA - 712-623-2161

Sponsors:



Montgomery County Memorial
Hospital + Clinics

2301 Eastern Ave. | Red Oak, IA 51566