

# Live Healthy Iowa 5K – Sioux City

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:

Route will be an out and back starting at the Anderson Dance Pavilion on Larsen Park Road, Sioux City, IA. Route Map coming soon!

## 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:

8am-4:30pm Thursday (4/13) and Friday (4/14) at the Seaboard Triumph Foods Expo Center, 550 Expo Center Drive, Sioux City, IA 51106.

Saturday (4/15) until 8am at the Anderson Dance Pavilion, Larson Park Road, Sioux City, IA 51103.

## For Local race information, please contact:

Bill Lane at 712-226-4014

[blane@sioux-city.org](mailto:blane@sioux-city.org)

## Hosted by:

Sioux City Parks and Recreation

Sergeant Bluff Parks and Recreation