

# Live Healthy Iowa 5K – Spencer

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 Leach Park (305 4th St. SE)

[Race Map](#)

## 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:

7:30am - 8:45am @ East Leach Park Campground Shelter House (305 4th St. SE) on April 23.

## For Local race information, please contact:

Paige Gaedke - Spencer YMCA

[pgaedke@spencerymca.org](mailto:pgaedke@spencerymca.org)