



**April 13, 2019**

ASBURY • BONDURANT • BRITT  
CARROLL • DECORAH • DIKE • FAIRFIELD  
HIAWATHA • IDA GROVE • MT. PLEASANT  
ONAWA • PERRY • RATHBUN LAKE  
SERGEANT BLUFF • SIOUX CENTER • SPENCER  
STORY CITY • WAUKEE

For site specific information, visit  
*LiveHealthy* **IOWA5K.org**



**LET THIS BE YOUR FIRST RACE THIS YEAR!**  
Are you training for the Siouxperman Triathlon in May? Here is a great race to get you motivated and get you back on track to beat the winter blues.

# Sioux Center Health Physical Therapy

5K Run/Walk: 8 am  
Register by April 1: \$20 | April 8: \$25

1K Kid's Run: 9 am *(12 and younger)*  
Register by April 8: \$5

**T-shirt | Race Number  
Finisher Medal | Prizes  
Post-Race Refreshments**

**HOSTED BY**



Sioux Center Health  
Therapy Center

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REGISTER TODAY *LiveHealthy* **IOWA5K.org**

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