



# Live Healthy IOWA

## 5K RUN/WALK & 1K KIDS RUN

**Race day:**

April 15, 2023

**Packet Pickup:**

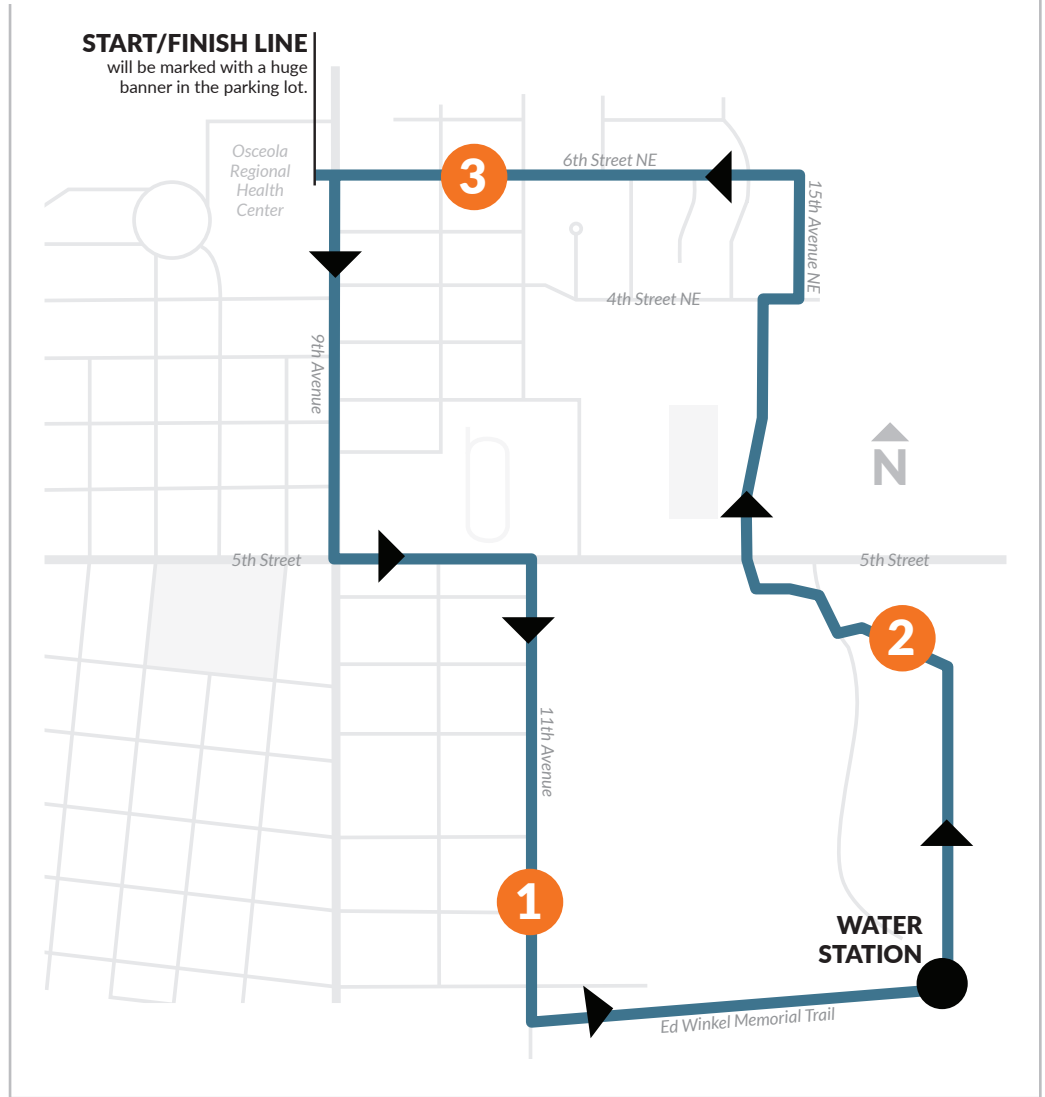
7 a.m. - 7:45 a.m. at the Osceola Regional Health Center parking lot.

**Race start:**

8 a.m. 5K Run/Walk  
9 a.m. 1K Kid's Run



### 5K Course Map



### 1K Course Map

