

# fun run

## Kids Costume 1K Friday, August 24<sup>th</sup>

Dress up in your favorite costume & join us for a fun run!

4:30 pm - Registration

5:30 pm - Run Begins

Itasca County Family YMCA

FREE!



Registration form available at [www.runningtherapids.com](http://www.runningtherapids.com). Same day registration also available. All participants receive a race medal, snack & special gift! For more information, contact [jdechai1@fairview.org](mailto:jdechai1@fairview.org)



For our littlest runners, try the

# tot trot

150 yard dash



Packet pick up available for Running the Rapids Half Marathon & 5K participants  
Itasca County Family YMCA | 4:00 pm - 8:00 pm