

Keeseville Community Arts Festival 5k Color Run & 1mile Kids Fun Run

LOCATION:

Starts: Elks Lodge, 1 Elks Ln, Keeseville, NY 12944, USA Ends: Heritage Falls Park (behind Library) <u>REGISTRATION</u>: Please register prior to even at:

DYNAMIXFITWELL.COM

DAY & TIMES:

Jul 22, 8:00 AM - 10:30 AM Check in for event: 8:00AM -8:50AM Race Start Time: 9:00AM -10:30AM

Join us for the **Dynamix Fitness & Wellness 5k Color Walk/Run & 1 Mile Splash of Color Kids Fun Run** to benefit the Keeseville Community and to kick off the Keeseville Arts Festival! The race is on Saturday, July 22nd at 9am. Registration for both events will take place from 8:00 a.m. - 8:50 a.m. in the gazebo at the Elks Lodge.

5k and 1 mile race will begin at 9:00 a.m. at the Elks Lodge and finish in the Heritage Falls Park next to the walking bridge.

The course will feature six color stations throughout the 5K. Runners/walkers will get a blast of environmentally safe, cornstarch-based colored powder at these color stations.

Runners/Walkers - be sure to wear a white t-shirt (not provided)

Pre-Registered Runners will be provided with colorful sunglasses and a white bandana to wear around the neck to pull up when running through the color stations.

Cost: FREE TO ALL PARTICIPANTS

Kids 10 years & under will participate in the 1 Mile Splash of Color Fun Run







