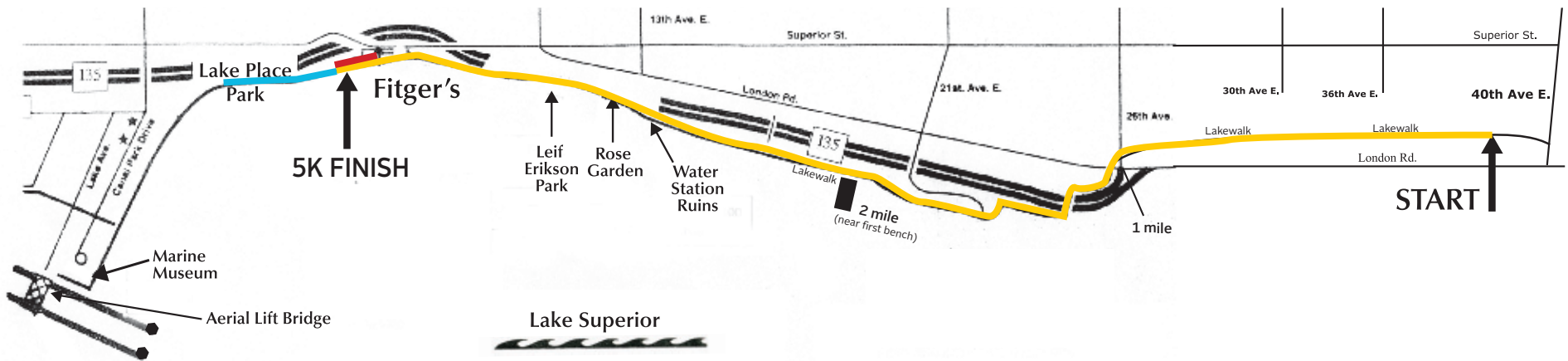


Essentia Health

# Harvest Run

at Fitger's



## 5K Course (3.1 miles)

The 5K race starts on the Lakewalk near 40th Avenue East. Runners will board the train at Fitger's at 8:00 a.m. and ride to the start. The finish line is on the Lakewalk below Fitger's courtyard.

## 1K Childrens Run (.62 mile)

The 1K race is an out and back course. The race starts and finishes on the Lakewalk below Fitger's courtyard.

## Tiny Tyke Triathlon

This race is on the Lakewalk below Fitger's courtyard. The event consists of pedaling a big wheel, running a short distance and crawling through a tunnel.