



5K YOUR WAY

Come join us Oct. 5th 2024 at the Crawford County Forest Preserve for the annual 5K Your Way . The participant will have a choice to run or walk the 5K on the paved walking paths or the dirt trail system. There will also be an age 10 and under Kids fun run.

Kids run start time 8:00 am

5K start time 8:30 am

Online sign up at runsignup.com and follow all the race updates on 5K Your Way Facebook page.

All proceeds for the race will go to all Crawford County NOW [Nutrition on Weekends] programs. These programs provide meals to at risk children when the school system is not available such as weekends and during the summer. The race is paired with a couple of local events.

- 1.The Heath Harvest Festival located on the square in Robinson Il. features many street vendors with food and crafts and a parade. Check the website for detailed information.
2. The Wabash Valley Wine and Art Festival located in Palestine Il. features a historic main street loaded with wine, food, and craft vendors. Check the website for detailed information.

So hit the race and then check out the local flavor!