



# Free Healthy Columbus 1 mile and 5K Fun Run/ Walk!

Friday, June 20th 2014  
Wolfe Park

Start your weekend on the right foot! Lace up your walking running shoes and join the fun on June 20th! This non-competitive event and features a 1 mile and 5K course.

- All participants get an event t-shirt, medal and ear buds!
- Free music, snacks, a fitness expo, and chair massages beginning at 4pm

**Time:** 4:45pm or 5:15pm (choose your start time when you register!)

**Register:** Space is limited to the first 250 participants. Register at [www.columbus.gov/employee5K](http://www.columbus.gov/employee5K)

**Questions:** Contact [btkimbro@columbus.gov](mailto:btkimbro@columbus.gov)

The Kinetic Food Truck will be there- plan to purchase a healthy meal after you finish!