welcome to the race

Box Elder County Extension and 4-H is hosting a get moving event/5K in Bear River City. You can run, walk, stroll, skip, or hop. Just get up and get moving. Join us for the in-person event on Monday, May 24 or complete your 5K virtually (see details below).

Race Day & Shirt Pick Up

Pick up your shirt the day of the race OR at our county building May 19th-21st. Join us at The Bear River City Park May 24th to complete the 5K route. The race will begin at 6:30 pm sharp so plan to be a little early. There will be a check-in table under the bowery at the park. The starting line will be located at the North West corner of the park. There will be signs and 4-H members directing you on the route. The race will end back at the Park.

virtual participation

- Join the event Facebook group
- Make a plan to complete your 5K (3.1 miles) before June 7th
- Participate in Facebook challenges
- Post on our Facebook group when you finish your 5K. Post a picture or two of the route you took, who was with you, and of course your smiling face when you finish!

challenges & prizes

- Make a goal for steps during the day and track your steps
- Take the stairs
- Park farther away from the store
- Walk or bike to work or school
- Play outside
- Drink water
- Take a hike
- Eat more fruits & veggies

Document completed challenge in our Facebook group to increase your chances of winning prizes!
GET OUT AND MOVE
run walk stroll

RACE MAP