13th Annual 5K
LET'S GET PHYSICAL
Promoting health, wellness, fitness, & fun for the whole family!

November 16th, 2019
ORDER OF EVENTS
8AM 5K Runners & Walkers
~9AM Kids 100yd Run at Conclusion of 5K
10AM 1-Mile Fitness Challenge

OTHER EVENTS DURING THE WHOLE DAY
Fitness Challenges, yoga, & bike raffle
Free Screenings by PT Students:
(Blood pressure, heart rate, gait and posture analysis)

SIGN UP ONLINE:
https://runsignup.com/Race/WV/Wheeling/WJULetsGetPhysical5k

Participants are encouraged to dress in 80s fitness gear for added fun!

Price increases 11/11/19
5K-$25 Bundle-$35 Fitness Mile-$15

Veterans race for free in the 5K

Event Supports: WU PHYSICAL THERAPY CLUB