

Week 10 - Have Some Fun

You have built up your speed and endurance through nine weeks of walking! Are you ready for some fun? Try a 5K with your friends and family. You do not have to run!!!! There are numerous walks and runs held throughout southwest Nebraska. Contact your local hospital, high school cross country coach, or look online for a listing of events.



A new organization, Republican River Fitness Series, has tied several events together. You can contact Ronda Graff Series Coordinator at 308-340-3412 or email at rondagraff@gmail.com

- ⇒ Freedom Run 5K/10K on Monday July 4th in Culbertson
- ⇒ YPG Color Run 5K on Saturday July 16th in McCook
- ⇒ McCook High School XC Fair 5K on Saturday July 23rd in McCook
- ⇒ Community Hospital Super Heroes on Saturday August 6th in McCook
- ⇒ Chase County Fair 5K - August in Imperial
- ⇒ YMCA/Parker Heritage Days Run on Saturday September 24th in McCook
- ⇒ Turkey Trot 5K on Saturday November 19th in McCook
- ⇒ Reindeer Run on Saturday December 17th in McCook
- ⇒ Add to your calendar for next year:
- ⇒ Hitchcock County School Foundation's Adventure Race - April 2017 in Trenton
- ⇒ Community Hospital 5K Run/Walk for Wellness - May 2017 in McCook
- ⇒ Tri Valley Wellness Center & Rehabilitation Services Glow Run 5K - June 2017 in Cambridge

