



HOW DOES THE PUMP-N-RUN WORK?

Bench press and bicep curl a percentage of your body weight at the health expo to earn a reduction in your 5K time! The more reps you complete the more time comes off your 5K! Don't want to Pump? You can still participate without a reduction in time!

WHAT IS THE HEALTH EXPO?

Come join us for one of the largest health expos in the state! The Health Expo is a showcase of all the healthy resources that are available throughout the Cedar Valley! There will be chiropractors, massage therapist, health and wellness retailers, and more! The "PUMP" portion of this event will be going on, but there will be lots of other activities going on as well.

HEALTH EXPO & PUMP

When: Friday, May 5th, 2022

Time: 3:00PM-6:00PM

Where: The Cedar Valley SportsPlex

300 Jefferson Street, Waterloo, IA

5K RUN

When: Saturday, May 6th, 2023

Time: 8:30am start time

Where: The Cedar Valley SportsPlex

300 Jefferson Street, Waterloo, IA

KIDS FUN RUN

When: Saturday, May 6th, 2023

Time: 8:00am start time

Where: The Cedar Valley SportsPlex

300 Jefferson Street, Waterloo, IA