



## 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!

### HEALTH EXPO & PUMP

**When:** Friday, April 25, 2025

**Time:** 3:00PM-6:00PM

**Where:** The Cedar Valley SportsPlex

300 Jefferson Street, Waterloo, IA

## EVENT DETAILS

The Cedar Valley SportsPlex is passionate about making sure that health and wellness is available to EVERYONE in our community! The health expo is designed to help promote as many health and wellness businesses throughout the Cedar Valley as we can! Our dream is that this health expo eventually becomes one of the largest ones in Iowa. The 1-mile/5K will be a celebration for event finishers and our sponsors! As exciting as the event will be, the fun will begin after everyone crosses the finish line.

All of the money from this event will go towards supporting youth outreach programs throughout the Cedar Valley. Kids are the future and with your support we can help make sure that kids get the resources and opportunities that they deserve!

### 5K & 1-MILE

**When:** Saturday, April 26, 2025

**Time:** 9:00am start time

**Where:** The Cedar Valley SportsPlex

300 Jefferson Street, Waterloo, IA