

A winter foot race with fun obstacles for all kids ages 7-17.

SWEAT Rx - A CHALLENGE TO SWEAT OUTSIDE THIS WINTER

NAME

PEDIATRICIANS AGREE: The Kidarod is good medicine

SATURDAY, FEBRUARY 25

FISH LAKE REGIONAL PARK, MAPLE GROVE

AFTERNOON RACING

STARTING AT 2PM

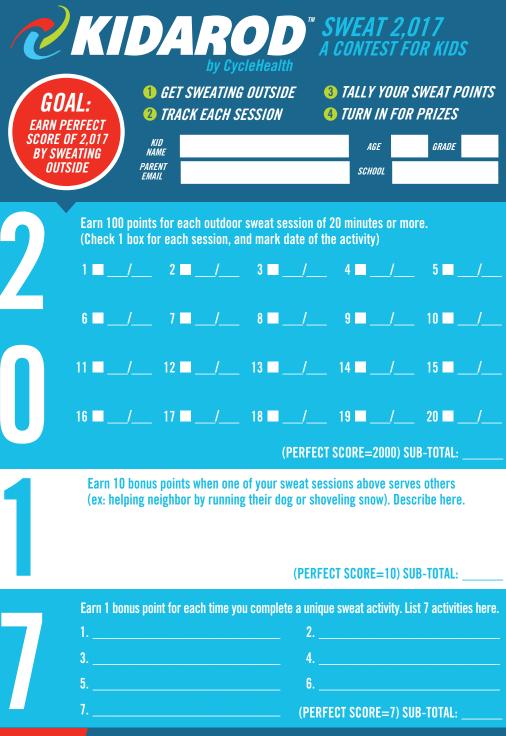
ThreeRivers HOST PARTNER

NIGHTTIME GLOW RACING
STARTING AT 6PM

YOU CAN DO IT! HERE'S HOW:

ENTER THE RACE Register at cyclehealth.org 2 GET SWEATING See back for 2,017 SWEAT contest

CUSTOM BEANIES • PRIZES • HUSKY SLED RIDES cyclehealth.org



Add your points and turn in at Kidarod to be entered into prize drawings. Invite friends to join you. Download extra forms at cyclehealth.org.

PRIZESI

TOTAL 3 SECTIONS ABOVE (PERFECT SCORE 2,017)