

4th Annual Fit Kids of Arizona 5K Fun Run

Saturday, Nov. 2, 2013

Riverfront Park, Cottonwood



All Ages Welcome!

- \$5 for kids ages 6 - 18, FREE for kids age 5 or under
- \$15 for adults; \$20 after Oct. 31
- Awards ceremony, activities and free post-race lunch provided
- Onsite BMI and body composition testing
- Free T-shirt for each participant

Run start time: 9 a.m.

Check-in and same-day registration: 7:30 - 8:45 a.m.

Early bib pick-up and late registration:

Friday, Nov. 1; Noon – 5 p.m. at Fit Kids – Cottonwood,
637 N. Main Street, (Riverfront Commons)

To register: visit virtualroster.com and click on Fit Kids of Arizona;
or call Fit Kids at 928-634-1880.



A service of Flagstaff Medical Center &
Verde Valley Medical Center

FitKidsOfArizona.com



Special guest and
honorary starter –
John Rhode, NBC's Season 12
Biggest Loser

