

A CELEBRATION OF HEALTHY COMMUNITIES IN ASSOCIATION WITH NATIONAL COMMUNITY PLANNING MONTH



AVIMOR COMMUNITY CENTER, 5811 WEST AVIMOR DRIVE, BOISE, ID

ALL EVENTS ARE FREE!

KIDS RUN/BIKE DUATHLON

For Ages 12 & Under

Time: 10am

Location: Foothill Heritage Community Park (Follow the Event Signs)

Day of Race Registration: 8:30-9:45am

8 & Under: .45 mile run & .45 mile bike

8 & Under Run & Bike Map

Ages 9 & 10: 1 mile run & 2 mile bike

9 & 10 Run Map

9 & 10 Bike Map

Ages 11 & 12: 1 mile run & 2.7 mile bike

11 & 12 Run Map

11 & 12 Bike Map

Winners in each age group (boy & girl) will receive a \$25 gift card from Reed Cycle and Bandanna Running & Walking

[Pre-Register Here](#)

Other Events Include:

- Welcome Remarks at 8:45am
- Morning Bird Walk at 9am
- Home Depot Birdhouse Building Clinic
- Coloring Station
- Sponsor Booths
- St. Al's Life Flight Helicopter
- Ada County Paramedic Ambulance
- Healthy Snacks Provided by St. Luke's
- Free T-Shirts for All Participants
- Avimor will give away a free **GoPro Camera** to one Duathlon participant

[Contact/Volunteer Information](#)

