

Local Walk/Run List

Local walk/runs are a great way to get exercise, enjoy family, friends and neighbors while supporting community organizations.



Mark your calendars!

March 16 th	Shamrock Shuffle	Prairie du Chien
April 27 th	5-K-9, 5K & Kids Run	Viroqua
May 4 th	Sources of Strength Color Run	Prairie du Chien
May 7 th	Healthy Hustle 5K	Boscobel
May 11 th	Trek the Trail 5K & 10 K	Boscobel
May 18 th	Crossing Rivers Health 5K	Prairie du Chien
June 8 th	True Light Fun Run (5K, 1.5 walk/run, kids run)	Wauzeka
June 15 th	Soldiers Grove Fire 5K	Soldiers Grove
July 4 th	Firecracker Run (5 mile run, 2 mile walk/run, kids fun run)	Boscobel
July 6 th	Pete's Anniversary Fun Run 5K	Prairie du Chien
July 13 th	Ridge & Valley Rally 5K & 10K	Seneca
Aug. 24 th	Crawford County Fair 5K	Gays Mills
Sept. 2 nd	Labor Day 5K	Wauzeka
Sept. 28 th	Applefest (5 mile run, 2 mile walk/run, kids fun run)	Gays Mills
Oct. 5 th	Alzheimer Alliance 5K	Prairie du Chien
Oct. 12 th	Sue's Fun Run/Walk 5K	Prairie du Chien
Oct. 26 th	Saints & Souls 5K	Prairie du Chien
Nov. 28 th	Turkey Trot 5K	Prairie du Chien
December	Holiday Fun Run	Prairie du Chien

2019



CRAWFORD COUNTY

tinyurl.com/healthyroots

GO TO THE HEALTHY ROOTS WEBSITE FOR MORE DETAILS