



Sept. 22, 2018 at 9 a.m.

Start line:

Regis University Northwest Denver Campus
3333 Regis Blvd. Denver, CO 80221 (50th and Lowell)

Cost: **\$25** [5k] or **\$30** [10k].
Registration opens at 7:30 a.m. Race begins at 9 a.m.

Questions?

moveforward5k.10k@gmail.com

Register at

[Facebook/MoveForward5k](https://www.facebook.com/MoveForward5k)
or regis.edu/moveforward5k

Any mobile participant can register, including runners, walkers and wheelchair users. Strollers on course are welcome as well.

Dogs are welcome to run while on a leash.

Included with registration:



T-shirt

Yoga

Food

Games

**Beer and hot dogs will be served.*

In partnership with:



Fundraising and entrance fees benefit:

