

JUNE 9TH @ 9AM

Come out Sunday June 9th for our dog-friendly 5k. Winding through the roads and trails of The Woods Fitness Park, this is a fun run that will be old school timed, and will conclude our weekend of awesome events from the Midwest Canine Obstacle Run here in Southwest Michigan. Make sure you sign up early to guarantee a t-shirt at:

www.midwestcanineobstaclerun.com



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Kids - SUNDAY IS YOUR DAY! We will have a 1-mile fun obstacle run for kids ages 5-15. Parents are encouraged to tag along, as we will cruise through the wooded trails, over ramps, through tunnels, across bars and cars and so much more. Each finisher will get a cool award and bragging rights to tell their friends. Sign up today at:

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