

**Missouri River Runners Thanksgiving Day
Fun Run/Walk/Bike**

Adam's Nature Preserve 8:00 a.m start

Registration Fee—non-perishable food item

Donations will be made to Siouxland Food Bank.

Participants who donate will qualify for door prizes.

Choose your own distance—bring your own water.



The average Thanksgiving dinner contains 3,000 calories. Work up an appetite and start a healthy new holiday tradition this year.