

# **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 local 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.**