



**RMHC**  
Eastern Iowa &  
Western Illinois



**5K | Run | Walk | Stroll**  
**Lower City Park, Iowa City**  
**May 3, 2026**  
**10 a.m.**

- Fun Run
- Free Lunch
- Kids' Zone



**REGISTER  
TODAY!**

**LACE UP YOUR RED SHOES AND SUPPORT  
RONALD MCDONALD HOUSE CHARITIES OF EASTERN IOWA &  
WESTERN ILLINOIS AT THIS FUN, FAMILY-FRIENDLY 5K!**