



Hoo Doo Days and Arrowhead Park Present
ARROWHEAD OBSTACLE TRAIL RUN



Benefitting Pottawattamie County Trails Association

5k (3.1 Mile) run with 12 Obstacles on the scenic trails of Arrowhead Park near Neola, Iowa (I-80 Exit 23). Saturday April 22nd, 2017 starting at 11:00 AM
All profits to benefit the Pottawattamie County Trails Association efforts to build a paved bike and running trail connecting Council Bluffs through Underwood to Neola.

\$35 REGISTRATION, no hidden fees. INCLUDES:

***ADMISSION to the park and PARKING (please carpool) *T-SHIRT (Please register by April 9th to guarantee a shirt. Sizes and quantities may be limited after this date.)**

***WATER and SNACKS *MEDALS and PRIZES for top 3 Male and Female finishers plus Best Costumes (wear something practical to run, climb, crawl, etc.)**

***NO mud pits, NO water crossings, NO cold April hose showers. Shoes required.**

**Come out to support a good cause and celebrate Earth Day with nature!
Run to compete, run for fun, or simply enjoy a brisk jog or hike at beautiful Arrowhead Park. All obstacles are optional for non-competitive waves.**

Don't want to run but want to help out? Volunteers also needed.

Find us online at arrowheadobstacle.com and on Facebook at "[Arrowhead Obstacle Trail Run](https://www.facebook.com/ArrowheadObstacleTrailRun)". Contact by email arrowhead.obstacle@gmail.com

REGISTER NOW at RunSignUp.com