



2022 5K for Sustainable CHANGE



Sat, July 30th • 9am Start

REGISTRATION & PAYMENT REQUIRED

Registration & Payment: <https://bekind2people.as.me/5k>

\$0 KIDS AGE 10 AND UNDER FREE!

\$40 BEFORE JUNE 30

\$45 BEFORE JULY 20

\$50 AFTER JULY 20 (including race day)

PRE-RACE PACKET PICKUP: July 28 & 29

Serenity Village Community Church: 4100 Douglas Dr N, Crystal

Thursday, July 28: 4-6pm

Friday, July 29: 8-10am

RACE DAY SCHEDULE: Saturday, July 30

Basset Creek Park: 5609 32nd Ave N, Crystal

July 30: 7:30am - Registration & Packet Pick-up

July 30: 9:00am - Race Begins: Walk or Run

ONLINE AUCTION : July 20-25 (ends at 11:59pm)

\$40: VIRTUAL 5K OPTION!

Sign up by July 1st for \$40 and your shirt will be sent to you for the Virtual 5K!

**INCLUDES
T-SHIRT
POST-RACE
REFRESHMENTS
AND ENTRY INTO
PRIZE RAFFLE**

**Don't miss this
great fitness
opportunity for the
whole family on a
fast and flat 5k
course! Located at
Basset Creek Park.**

See back of flyer for course details.

5K for Sustainable CHANGE Course Map

Bassett Creek Park

5609 32nd Ave N.
Crystal, MN 55422

The course is entirely inside of Bassett Creek Park on the paved and gravel park trails.

The start is 1st base side of the baseball field and will head south.

The course goes in a clockwise direction and is a total of 3 loops: 1 small loop, then 2 big loops, and will end in the outfield of the baseball field.



Start & Gathering Area

→ 1K Loop (1st Loop of 5K)

→ 2nd & 3rd Loop of 5K

→ Last 100 Meters of Race

Finish!

Register Online:

