

# LOOKING FOR A FUN TEAM BUILDER?

RUN IT, WALK IT, CHARGE IT, FUN IT!

## WHAT'S INCLUDED:



25+  
OBSTACLES



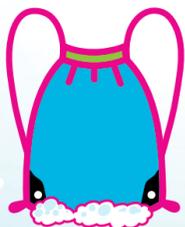
KIDS  
ZONE



FESTIVAL &  
BEER GARDEN



FREE FINISH  
PHOTO



PARTICIPANT  
GIFT PACK



5K FOAM  
BUFF



TEMPORARY  
TATTOO



FINISHERS  
MEDAL

+ MORE!

THE PERFECT TEAM OUTING FULL OF

**MUD • LAUGHS • FUN • FITNESS!**

GREAT IDEA FOR CORPORATE PARTIES, TEAM BUILDING  
OR A SUMMER STAFF EVENT!



2026 SUMMER TOUR STOPS



VANCOUVER ISLAND • VANCOUVER/SURREY • OKANAGAN AREA  
EDMONTON • COCHRANE • KITCHENER • WASAGA BEACH • LONDON  
QUEBEC CITY • MONTRÉAL • OTTAWA • TORONTO

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[WWW.THE5KFOAMFEST.COM](http://WWW.THE5KFOAMFEST.COM)

in support of

Make-A-Wish