

THE WORLD'S #1 RATED FUN RUN! ALL AGES, ALL ABILITIES!

# THE 5K FOAM FEST

GET FILTHY CLEAN



## LOOKING FOR A FUN TEAM BUILDER?

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

### WHAT'S INCLUDED:



22+ OBSTACLES



KIDS ZONE



FESTIVAL & BEER GARDEN



FREE PHOTOS



PARTICIPANT GIFT PACK



5K FOAM BUFF



TEMPORARY TATTOO



FINISHERS MEDAL

+ MORE!



CHECK OUT THE FUN! ↗

THE PERFECT TEAM OUTING FULL OF  
**MUD • LAUGHS • FUN • FITNESS!**

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

## 2025 SUMMER TOUR STOPS

VANCOUVER ISLAND • SUN PEAKS • VANCOUVER • EDMONTON • LETHBRIDGE • TRI-CITIES • WASAGA  
LONDON • ST. CATHARINES / NIAGARA REGION • MONTREAL • TORONTO • QUEBEC CITY

For more information please contact: [info@the5kfoamfest.com](mailto:info@the5kfoamfest.com)

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in support of

Make-A-Wish  
CANADA