

FROZEN 5K



SKATE A 5K

Ice skate a 5k with us on **October 18**.
34 laps=3.1 miles.

Fun and fitness for the whole family.
Wear your Halloween costume for some
extra flair. Registration includes a T-shirt
and a swag bag.

Ages 18+: 8-9 am. Fee: \$35.

17 and under: 9:15-10:15 am. Fee: \$20.

**Contact Liz at LizS@ApexPRD.org,
303.403.2598, for more information or
to register.**



APEX CENTER ICE ARENA

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