

Saturday | May 17

9:30 a.m.

Elmcrest Park  
16303 Quicksilver Street NW  
Ramsey



Lace up your shoes and get ready for our first-ever Dash and Dine 5K! Whether you're a runner, a food truck enthusiast, or both, this event is a fantastic way to challenge yourself, connect with the community, and enjoy a great meal!

The race will take place on a USATF certified 5K course at Elmcrest Park that winds through scenic trails, open fields, and local neighborhoods, featuring some slight rolling hills. This course is perfect for both seasoned runners and first-timers alike.

All runners will receive a meal voucher for one of the food trucks, those who register by April 13 will receive a T-shirt. Plus, the overall top male and female finishers in addition to the top male and female in each age group will receive an award. Age group categories are: 18 and under, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+.

Even if you're not running, you're invited to join the fun! We'll have yard games and festivities at going on at the park, so come enjoy the spring season and cheer on your neighbors! And don't forget—it's the same weekend as Ramsey's Garage Sale Trail. After you fuel up with tasty food truck eats, you can explore the town to hunt for hidden treasures!

Registration Dates	Cost	Included
Jan 1- Jan 31	\$35	Meal & T-Shirt
Feb 1- March 16	\$40	Meal & T-Shirt
March 17- April 13	\$45	Meal & T-Shirt
April 14- May 16	\$45	Meal, T-shirt if extras are available
Same Day Registration	\$45	Meal, T-shirt if extras are available



**REGISTER**  
[cityoframsey.com/parksregister](http://cityoframsey.com/parksregister)

**CONTACT**  
[parks@cityoframsey.com](mailto:parks@cityoframsey.com)  
763-433-9883

**PARKS AND RECREATION**

