



Isa Kranz Foundation

isakranzfoundation.com

is hosting our

9th ANNUAL

INK 5K

***Saturday*, June 3rd, 2023**

Check in begins 9:00AM

Race Time 11:00AM sharp!

Richardson Adventure Farm

909 English Prairie Rd

Spring Grove, IL

Adventurefarm Bouncing Pillows

Massive Hill Slide

Children's bounce house!

Live DJ & music, face painting

Coffee truck on site!

Old-School Comet's coaches on the grill!

Special-edition race t-shirt* free with early registration – Register early to help guarantee your shirt.

To REGISTER, download forms or register online-at

www.isakranzfoundation.com

**Promoting mental health awareness
and making the world a better place**

****Next year (2024) will be our 10th and final INK 5K race. If you or your organization is interested in hosting your own 5K event, we can help with any information we have learned over the years.**