

Optimist Club Frozen Goose Run
10K Timed Run – 5K Fun Run/Walk
UCR / RCTC Run Route



Where: University Center Rochester
 RCTC Atrium
 851 SE 30th Avenue
 Rochester, MN 55904

Time: Registration Noon - Atrium
 Race Start - 1:00 pm

Contact: Bill Reilly – 507-282-9968
Website: www.frozengoose.com

Race Route Key

- 10K Timed Run (2 legs)
- 5K Fun Run/Walk (1 leg)
- ⋯ 10 K 1st Leg ONLY
- 3K Run/Walk Alt. Route (Severe Cold Weather)
- ★ Start 😊 Finish