



**Mercer Health**

## 5K Challenge

Countywide Running Series

• 14 AND UNDER •

RACE FREE IN

**2026**

MH5K



**2026**

[www.mercerhealth5kchallenge.com](http://www.mercerhealth5kchallenge.com)

### RACE DATES

June 20th, 9:00am — Zuma Days  
June 27th, 9:00am — Country Fest  
July 5th, 8:45am — Redskin Classic  
July 11th, 8:30am — Shanes Crossing  
July 18th, 8:30am — St. Clair  
July 25th, 8:00am — Grand Lake Festival  
August 1st, 8:30am — Buzzard's Glory

**MH5K**  
**CHALLENGE**

*22 Years of Building Community  
One Step at a Time!*

*Preregister for all 7 events by June 20th for the price of 6 at [www.mercerhealth5kchallenge.com](http://www.mercerhealth5kchallenge.com)*

# 22nd Annual Mercer Health 5K Challenge

**CHALLENGE:** Complete 5/7 events to earn a challenge finisher shirt and a chance to earn an age group medal.  
Age groups from 10 & under to **70 and over**.



**5K Challenge**  
Countywide Running Series



I started running the Mercer Health 5K Challenge when I was just a kid, and almost three decades later, I'm thankful to continue returning each summer. The summer 5Ks became the foundation of my lifelong love for running—and now I get to share that love for the sport with my daughters, running alongside them at the challenge races. The Mercer Health Summer 5K Challenge isn't just about miles or finish times—it's about celebrating every type of victory, forming friendships, bonding families, and building a strong sense of community.

— Ashley Lefeld



Last year was my first year ever completing the Mercer Health 5k Challenge. I had never thought I would be able to complete a 5k after my injury, but being able to complete this challenge was truly amazing. There were so many people encouraging me along the way and I have met so many amazing people. One of my favorite things was being able to complete the Challenge with my wife and my son. I would encourage anyone who is on the fence about the Challenge to just sign up whether you are a runner or a walker because it's great exercise and you will make so many new friends along the way.

— Justin Homan

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Online registration is open now! **Same low bundle pricing** for the entire challenge at just \$90! Bundle pricing is open till June 20th!

## SPONSORS

Wabash Communications • Innergy Fitness • Independent Capital Management • Cooper Farms  
AMS Seat Structures • The Peoples Bank Co. • WOSN-West Ohio Sports Network  
**14 & Under Run Free Sponsor**-Dick Denning

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