



## COURSE

The MOO-VE IT 5K course will start and finish in front of Cowford Chophouse. Participants will run by the Jacksonville Landing and then out and back along the Northbank Riverwalk.

## RACE INFO

This family-friendly event will consist of a 5K at 8 a.m., a one-mile fun run to begin at 9 a.m., and a post-race block party on Bay and Ocean Streets, which will include music, drinks and food for race participants. Additionally, silver and gold level sponsors will be honored with a VIP rooftop brunch reception after the race.

Medals will be given to all participants, and top finishers will be recognized at an award ceremony. Each participant will receive a race bag with specialty items from our sponsors.

## ENTRY FEES

- \$35** early bird registration through February 15, 2020
- \$40** the week before the race through February 21, 2020
- \$45** day of race
- \$25** 1-mile fun run

## PROCEEDS

The MOO-VE IT 5K will benefit the Jacksonville Arts & Music School (JAMS). JAMS is a creative youth development organization that provides arts education and leadership development to students grades 3-10 from underserved communities in Jacksonville. JAMS promotes the healthy development of creative freedom, self-confidence and self-improvement through the exploration of music, film, robotics, visual and performing arts. Proceeds from this year's MOO-VE IT 5K will support JAMS programming and aid in the expansion of its campus.

For more information, visit [JAMSlife.org](http://JAMSlife.org).



**COWFORD**  
• CHOPHOUSE •