



# IDEA 5K & HEALTHY LIVING EXPO

## IDEA 5K Rio Grande Valley

November 9, 2024



**RGV LIVESTOCK  
SHOW GROUNDS**

1000 N Texas  
Ave  
Mercedes, TX

**REGISTER HERE:**



[bit.ly/RGV5k24-25](https://bit.ly/RGV5k24-25)



**1 Mile Fun  
Run Starts:  
8:30 A.M.**

**5K Starts:  
9:00 A.M.**