

Which Wave is Right for Me?

Elite Divisions - [Elite athlete](#) divisions include Elite Run (under 21 minutes) and Elks Rehab Hospital Elite Wheelchair. Prize money will be awarded to runners and wheelchair athletes.



Prestige Red - Prestige Red Wave (register in the Red Wave) is for the fantastic women who can run a 5K in 25 minutes or less; we offer the opportunity to move to the front of the Red Timed Wave (limited to a field of 150)! Those wishing to participate in the Prestige Red Wave need to verify a time of 25 minutes or less, [last year's Celebration results](#) will suffice. The Elite Run, Prestige Red and Red Waves are started at the same time.

[Prestige Pass](#)

Red Wave - TIMED COMPETITIVE RUN: Participants should be able to complete the 5K (3.1 mile) course in less than 35 minutes. Age group awards are given. Minimum age is 6 years old. Those wishing to be timed but plan to do a combination or walking & running need to sign up in the Red Wave.

Yellow Wave - TIMED FITNESS WALK: Participants must WALK the entire course to ensure fairness for ALL Yellow wave participants. This is a competitive fitness walk division. We reserve the right to disqualify any participant suspected of running in this division. Age group awards are given. Minimum age is 6 years old.



Blue Wave - NON-COMPETITIVE WAVE: The BLUE WAVE is OPEN to non-competitive runners and walkers. No wheels, baby joggers or strollers.



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Purple Wave - NON-COMPETITIVE WAVE: The PURPLE WAVE is OPEN to non-competitive runners and walkers. No wheels, baby joggers or strollers.



IDAHO'S NEWS CHANNEL

Orange Wave - FAMILY DIVISION: STROLLERS, BABY JOGGERS, WHEELCHAIRS, and ASSISTED WHEELCHAIRS: this is YOUR wave. For the safety of ALL participants and regardless of athletic ability, all non-wheelchair participants in the Orange Wave MUST WALK the entire course.

KeyBank

