



Mark your calendar for the 18th annual ARNOLD 5K & ARNOLD 5K Pump and Run – Sunday, March 4, 2018

NEW ONLINE REGISTRATION SITE: To register online for the Arnold 5K (run only) go to - <https://runsignup.com/arnold5k>

[For a printable entry form for the Arnold 5K](#)

[Registration for Arnold 5K Pump and Run start November 1st.](#)

For more information the Arnold Sports Festival - <http://www.arnoldsportsfestival.com>

For more information on the Arnold Expo - <http://www.arnoldsportsfestival.com/expo>

This year we will celebrate the 30th Anniversary of the Arnold Classic! More than 80 nations will be participating in 48 sports and events at this year's Festival.

Arnold Sports Festival in Columbus – March 1 - March 4

The Arnold Sports Festival is the brainchild of Arnold Schwarzenegger and James Lorimer, who have nurtured what began as a world-class bodybuilding competition in Columbus in the 1988 into one of the World's most popular and innovative sports festivals. The Arnold Sports Festival is the largest three-day sports festival in the World - About 185,000 sports fans and more than 18,000 athletes competing in 48 sports including 14 Olympic sports.

<http://www.runohio.com>