



Christina Bohn Foundation

Partnering with IAPMD Ignite Your Fight Race Series

Join us on Saturday, October 4, 2025 at the Christina Bohn Memorial 5K for PMDD Awareness

Come walk or run in memory of Christina
and in support of the millions of women who suffer from
Premenstrual Dysphoric Disorder (PMDD)

**Location: Twin Lakes Recreation Area
2500 Chapel Hill Road, Columbia, Missouri**

Arrival: 8:00 am

Opening Ceremony: 8:30 am

5K Start: 9:00 am

**Trail Sisters Approved
Timed 5K**



<https://runsignup.com/Race/MO/Columbia/ChristinaBohnMemorial5KforPMDDAwareness>