

COMOX VALLEY ROAD RUNNERS

5K Run

Yes YOU
can be a
5K STAR



stop putting it off
make a plan to
participate!!

Join us for 5 kilometers

Date	Saturday, March 19, 2011
Registration	8:30 a.m. for walkers early start 9:00 a.m. for everyone else
Cost	<u>\$5.00</u> per person FREE to Clinic Participants
Start Times	9:00 a.m. Early Start 9:30 a.m. everyone else



This is a graduation run for the annual 5K Running Clinic put on by the CVRR.

Come and enjoy the fun - get an official 5K time!

250-897-1213 or www.cvrr.ca for info.