



Jingle Bell Charity Run

Sunday, December 4, 2011

Seal Bay Park

(Bates Road Entrance - Please Carpool)

7 KM and 3 KM Poker Run

\$5.00 & a non-perishable food donation

Register 10:00—10:30

7 km walkers start **10:30**

7 km runners start **11:00**

3 km walk/run starts **11:00**

Presented by:

Comox Valley Road Runners

All proceeds donated to:

Comox Valley Food Bank

Don your Santa hat and bring your festive bells.

Gather playing cards on the run. Best hand wins.

Draw prizes

and goodies

for

the whole family



Contact: Sam or Brooke 339-4542 or sknow@shaw.ca

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