

LEARN TO RUN IN 2018



GET FIT: HAVE FUN
WITH THE ORCA RUNNING CLUB

EVERY WEDNESDAY THROUGH TO MAY 9

MAYBE WALK OR EVEN RUN THE OCEANSIDE MOTHERS' DAY 5K EVENT ON MAY 13TH!

CLINIC STARTS: FEB 7
TIME: 6:00 - 6:45PM
COST: \$35

INCLUDES ENTRY TO THE OCEANSIDE MOTHERS' DAY 5K RUN/WALK

AS THE DAYS GET LONGER AND SPRING IS NEAR, WHAT A GREAT WAY TO START 2018!

INFORMATION: PLEASE CONTACT DOUG BROWN
250.248.8342 or email dougb2016@telus.net