



5K Run & 2 Mile Run/Walk

Tuesday, October 20th

Registration at 4:30pm in front of the old Reid Center (B1222)

Sponsored by the

Langley Runners Club & LaRC Exchange

Costumes Encouraged, but Optional!

Donations to the CFC Welcomed!

5K Age-Group Awards

(M/F, under 30, 30-39, 40-49, 50-59, 60+)

5K/2Mile Best Costume Award M/F

Races Start at 5pm Sharp!

For More Information, Contact Eric Everton, x45778

