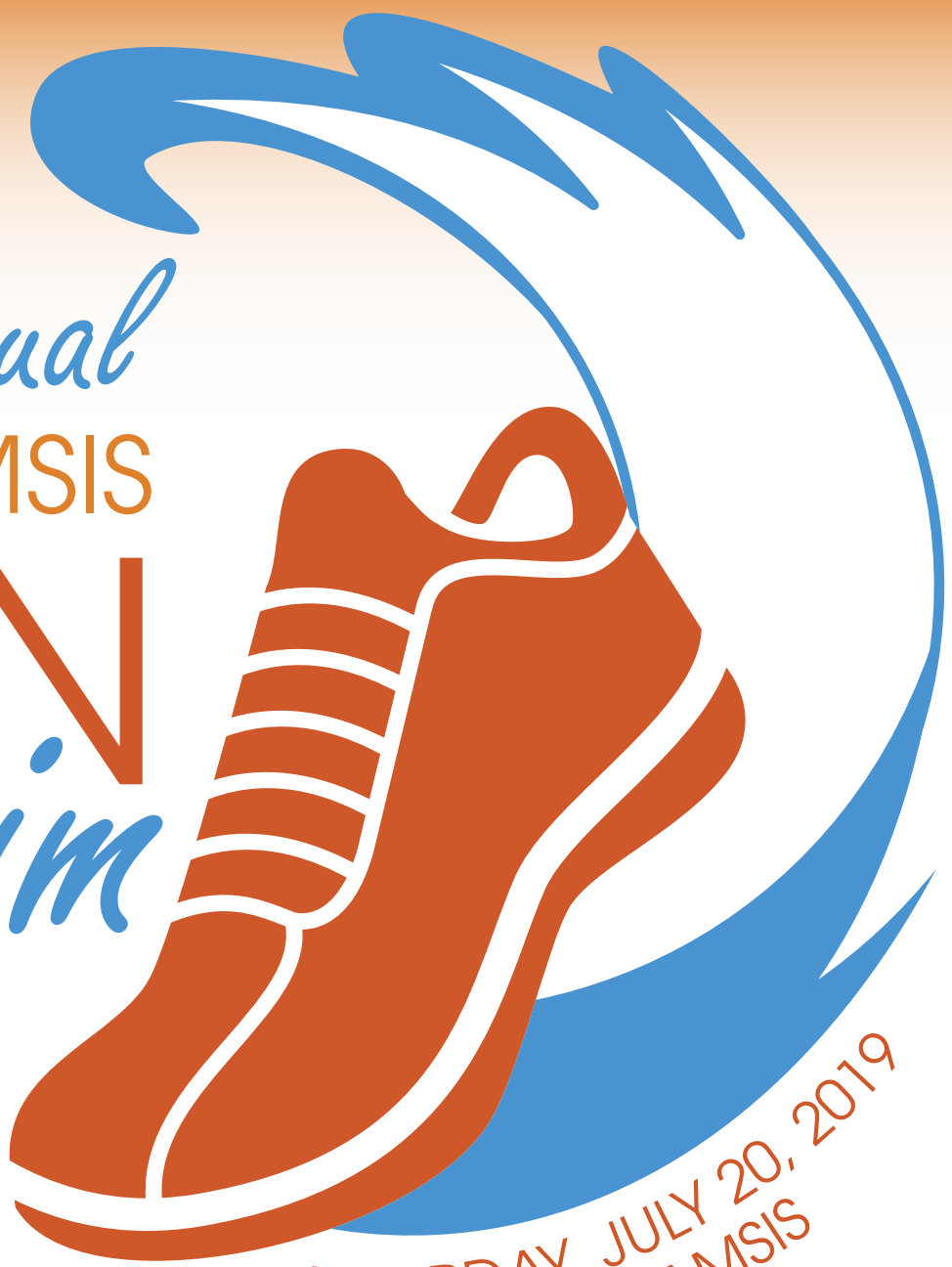


5th Annual QUISPAMISIS RUN & Swim



IN SUPPORT OF:



All proceeds will be donated to PRO Kids Foundation.
Please bring a non-perishable food item in support
of KV Food Basket.

SATURDAY, JULY 20, 2019
QPLEX, QUISPAMISIS

Early Bird
by: May 31st

5K \$25

3K \$15

500M/1K \$5

f REGISTER AT:
/prokidsrun or
www.runnb.ca

