



5 or 10 km RUN

COME AND SUPPORT

Ballenas 2017 Grads and Oceanside Track and Field Club

SATURDAY JUNE 17th

Qualicum Beach Civic Center

9:00 - 10:00 am Day of race registration (patio behind pool)

10:30 am Run start

\$10 donation recommended

(free for fundraising grads/athletes with PLEDGE forms)

Support and water along the way

Same route as the Qualicum Triathlon 5km, great training for those participating in the QB triathlon the following weekend. 2 loops/ 5km or 4 loops/10km



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www.oceansidetrackfield.ca