

The 2nd Annual “Fast” Food



Run Sunday, Nov. 22nd, 2009

Raise food/money for the Cowichan Valley
Basket Society.

Non-perishable food items as admission
to event.

10:30 am – 2km run/walk

11:00 am – 5km run

McAdam Park, Wharncliffe
Road, Duncan

Snacks and door
prizes after!!

Volunteers needed: contact Christine Ridenour
at meetmanager@duncanstingrays.com

Sponsored by the
Duncan Swim Team,
and Copycat Printing