

YOUTH

5K FOAM FEST

Running & Hiking Group



Ages 13-19

Training starts April 18th @ 4:30pm

every Tuesday @ Ohsweken Track & every Thursday @ local hiking trail.

5k Foam Race is Saturday August 19th in London, ON

Transportation Provided on Race Day

To Register call 519-445-4779



RIGHT TO PLAY
WHEN CHILDREN PLAY, THE WORLD WINS.