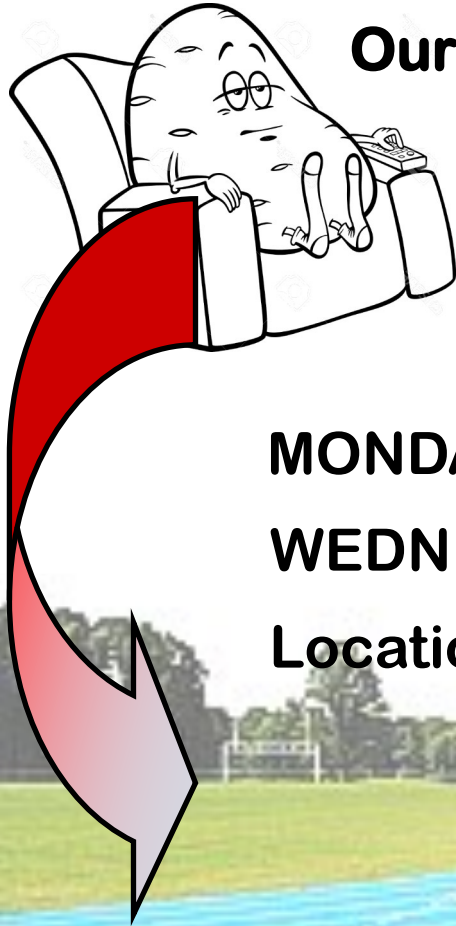


COUCH TO 5K

Join us and train to run a 5K race!



**Our goal is for you to participate in
the 37th Toronto Island
Tom Longboat Race!
Training starts May 1st, 2017**

MONDAYS 4:30 p.m.—5:30 p.m.

WEDNESDAYS 6:00 p.m.—7:00 p.m.

Location: BLUE TRACK

**To register ... contact
(519) 445-4779**

All experience levels welcome!

Come join the fun!

There is the option of a 10k race for advanced runners.

