

Youth (Gr 3 and up)

COUCH

➔ 1k

Get ready for your school cross country run
& a possible Curve Lake 1K run in October!

Sept 11th (4 weeks)
Monday & Wednesdays
4:30 ish to 5 pm

For more info, please contact Mindy Knott -
MindyK@curvelake.ca or call/text 705-768-1309