



“Wear your green for a costume prize!!”

Presented by the Comox Valley Road Runners

Running Clinic 2017 grad run - open to all who want a lovely spring 5K road race.

# 5K FUN RUN



Saturday, March 18, 2017 \$10  
Rotary Hall, Florence Filberg Centre, Courtenay

Registration 8:30 - 9:00 am

[www.cvrr.ca](http://www.cvrr.ca)

Race starts 9:45am (early start for walkers at 9:30am)