

MEDIA RELEASE

City of Williams Lake



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For Immediate Release

September 29, 2017

Annual Harvest Run/Walk/Bike is October 15, 2017

Runners and walkers of all ages are encouraged to lace up their shoes and kick off the Cariboo Memorial Recreation Centre's Harvest Run/Walk/Bike event starting at 11:00 am on Sunday, October 15th, 2017.

The 5 km or 10 km fun event starts and finishes at the Cariboo Memorial Recreation Centre in the heart of downtown, and is intended to encourage our residents to remain active and healthy all year long. All community members are welcome to come out and enjoy a stroll in the city - walking, riding or even running with the entire family. All types of active transportation are welcome: strollers, wagons, roller skates, bikes, wheelchairs and walkers to name a few.

There will be amazing baskets of locally grown food available to be won, and pumpkins and scarecrows will be placed along the route for participants to play a Harvest Scavenger Hunt. Participants can submit completed forms of pumpkin and scarecrow locations for complimentary family swim/skate admissions.

This event is free and no registration is necessary. Come out and enjoy the beautiful fall colours and celebrate active living and local food.

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For more information, contact:

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