

# MEDIA RELEASE

City of Williams Lake



## For Immediate Release

October 4, 2021

450 Mart Street  
Williams Lake, BC  
V2G 1N3

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### **6<sup>th</sup> Annual Harvest Run, Walk and Bike - Sunday, October 17**

Runners and walkers of all ages are invited to enjoy some fresh fall air to celebrate the season with the Cariboo Memorial Recreation Complex's Sixth Annual Harvest Run, Walk and Bike.

The entire family — whether walking, running or riding — is encouraged to take part in the festivities, which get underway on Sunday, October 17 beginning at 11 am at the Cariboo Memorial Recreation Complex.

The five- or 10-kilometre event (if you choose to do the route twice), starts and finishes at the Cariboo Memorial Recreation Complex in the heart of downtown Williams Lake.

The popular Harvest Run, Walk and Bike is held annually to encourage residents to remain active and healthy all year long. All community members are invited to come out to enjoy a stroll in the city, and all forms of active transportation are welcome, including strollers, wagons, bikes, rollerblades, scooters, wheelchairs and walkers.

Many thanks to Save-On-Foods and FreshCo. for their generous donations of healthy snacks. There is also a prize giveaway from the Williams Lake Farmers' Market!

Pumpkins and scarecrows will be placed along the route for participants to play 'I Spy the Pumpkin/Scarecrow,' with completed forms eligible to win complimentary family swim and skate admissions from the Cariboo Memorial Recreation Complex.

The Harvest Run is completely free and pre-registration is not necessary; however, all participants will be required to sign a waiver prior to the event to be eligible for giveaways. Although proof of vaccination will not be requested, up to 100 participants will be eligible to participate in prize draws and giveaways in adherence with the Provincial Health Officer's regulations on gathering size.

Come on out, enjoy some beautiful fall colours and celebrate active living and some great, fresh local food.

For more information please contact the Cariboo Memorial Recreation Complex at 250-398-7665.

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