

MEDIA RELEASE

City of Williams Lake



For Immediate Release

September 28, 2022

450 Mart Street
Williams Lake, BC
V2G 1N3

7th Annual Harvest Run - Saturday, October 15

Run, walk or ride with us and enjoy some fresh fall air to celebrate the season with the Cariboo Memorial Recreation Complex's 7th Annual Harvest Run, Walk and Bike on Saturday, October 15.

The entire family — whether walking, biking, riding or any other form of active transportation — is encouraged to take part in the event, which gets underway at 11 am at the Cariboo Memorial Recreation Complex in downtown Williams Lake with a five-kilometre route.

The popular event 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, skateboards or longboards, scooters, wheelchairs and walkers.

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

Participants can play 'I Spy the Pumpkin/Scarecrow,' with a number of pumpkins and scarecrows placed along the route, 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.

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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