

ST. LAWRENCE LODGE

Run / Walk

5 K~For Fitness

DATE: JUNE 7, 2009

TIME: 10:15 A.M.

ENTRY FEE: \$10.00

Please note the \$10.00 entry fee is waived if participant raises \$50.00 in sponsorship.

St. Lawrence Lodge Employee Social Committee is organizing it's 3rd Annual 5 KM Run/Walk in support of the residents at St. Lawrence Lodge. This event is important to St. Lawrence Lodge as it enhances quality of life for our residents and to create an even more enjoyable experience for our residents and their guests.

**St. Lawrence Lodge Staff would like to CHALLENGE all
Health Care Facilities to participate.**

REGISTRATION: 9:00 A.M.

RUN/WALK :10:15 A.M.

LOCATION: St. Lawrence Lodge parking lot

Sponsor Sheets can be picked up at

St. Lawrence Lodge Business Office

9:00-4:00 Monday-Friday

Sponsor sheet available online at www.stll.org

PRIZES TO BE AWARDED

T-Shirts for all participants with \$50.00 or more in sponsors.

- Top facility
- Top finishing in Run and Walk Division
- Door Prizes
- BBQ

ST. LAWRENCE LODGE
1803 COUNTY RD. #2 EAST
BROCKVILLE ON
K6V 5T1



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