



This summer's Trout Fly series

For the whole family
Walker's Joggers and Runners

Casual "drop-in" event every 2nd Thursday
starting - 7 November

Registration at the Club's Neil Hunt Park clubrooms
5:45pm

Event starts 6:15pm on the dot

- Costs: \$5 for adults, \$3 for children – you don't need to be a club member to take part
- Your choice of 3km or 5km run, jog or walk (or both)
- Course winds through the picturesque Sulphur Flats area
- Includes a free refreshment, juice/soft drink for kids
- BBQ sausages afterwards
- Great family event [young children must be accompanied though]
- Good starting point towards January's 10km, ½ or Marathon Clinics
- Find new motivation with us – dust the "shoes" off and come and join us
- **FREE CLUB MEMBERSHIP*** if you complete 8 out of 10 events. Eligibility – only if you have **never** been a Lake City Athletic Club member

Dates

2019

7th and 21st November
5th and 19th December

2020

9th and 23rd January
6th and 20th February
5th and 19th March

