

Saturday, May 13, 2017
9 am Lower Nicola Band School

Turn me Loose
T-shirts \$15
Must pre-order
Free t-shirt to first
50 Registrants



Stroll - Walk - Run

Open to all ages, all people
Registration fee by donation with
proceeds to benefit Youth and Elder
programs

800 m - 2K - 5K - 10K

Barbecue to follow

Registration on-line at www.LNIB.net