

# Celebrate Canada's 150<sup>th</sup>

## Birthday with the

Join us for the Annual 5K  
Milk Run on Canada Day



Where: Blockhouse Island

When: July 1, 9:00am

Registration starts at 8:00

Cost: \$10 (student), \$15 (member),  
\$20 (nonmember), \$35 (family)

Note: Race day registration only

Thanks to our many generous sponsors:



**-BASIREN, Stephen L. Dr. —**  
CHIROPRACTIC SPINAL REHABILITATION  
SPORTS INJURIES  
MASSAGE THERAPY • CUSTOM ORTHOTICS

