

# GET ACTIVE

PETE'S DAM



DYMOND



# 2011

HAILEYBURY



CHILLY RUNS  
NEW LISKEARD

TEMISKAMING  
NORDIC SKI CLUB



# IN TEMISKAMING

A series of 5 run and walk events in the Temiskaming area, fundraising for local community organizations promoting healthy, active lifestyles.

Sat May 7: Run/walk with Mom at Dymond Ball Park

Sun June 19: Run/Walk with Dad at the Haileybury Waterfront

Sat Jul 16: Run/walk a trail & road mix at Pete's Dam Park

Sun Sep 25: Run/walk the trails at Temiskaming Nordic Ski Club

Sat Nov 19: Run/walk in the Chilly Runs at New Liskeard Pool & Fitness Center

Each event consists of:

toddler 100m dash, kids 1km run or walk, 5km run or walk, 10km run or walk

This year's fundraising beneficiaries: Temiskaming Nordic Ski Club, Nastawgan Trails & Temiskaming Brighter Futures

Join the school challenge and make money for your school's physical education programming!

Members of Curves, Slim & Shape, Pool & Fitness Center and the Cobalt Hoist Club can compete for overall participation in the fitness center challenge!

FOR MORE INFO OR TO REGISTER:

Check out the series website: [www.getactiveintemiskaming.ca](http://www.getactiveintemiskaming.ca) or

Contact The Running Link: 166 Armstrong St, New Liskeard, 705-647-5108, [info@therunninglink.ca](mailto:info@therunninglink.ca)

Major sponsors:

The Running Link

