




CEEVACS
Roadrunners

2019
26th Annual
Ceevac's Roadrunners

RUN & WALK ***CLINIC***

FitWalk . Learn to Run
5KM . 10KM . 1/2 Marathon

14 Weeks
Mondays @ 6PM
January 28th - April 29th

\$120 to Dec 25, 2018
\$140 Dec 26, 2018 - Jan 27, 2019
\$160 Jan 28, 2019

Information:
www.ceevac's.com



In support of
the Cowichan Sportsplex

*20 Ceevac's Roadrunners Clinic group leaders!
*Photos courtesy of Lois DeEll