

# MEDIA RELEASE

City of Williams Lake



Tel: 250-392-2311  
Fax: 250-392-4408  
450 Mart Street  
Williams Lake, BC  
V2G 1N3

## For Immediate Release

September 24, 2019

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## Annual Harvest Run/Walk/Bike October 6, 2019

Runners and walkers of all ages are encouraged to lace up their shoes and kick off the Cariboo Memorial Recreation Complex's annual Harvest Run/Walk/Bike event starting at 11:00 am on Sunday, October 6<sup>th</sup>, 2019.

The 5 km or 10 km fun event starts and finishes at the Cariboo Memorial Recreation Complex in the heart of downtown and helps to encourage our residents to remain active and healthy all year long. All community members are welcome to come out and enjoy a stroll in the city, walking, riding or even running with the entire family. All types of active transportation are welcome, such as strollers, wagons, roller skates, bikes, wheelchairs and walkers.

There will be amazing baskets of locally grown food available to be won, and pumpkins and scarecrows will be placed along the route for participants to play a Harvest Scavenger Hunt. Participants can submit completed forms of pumpkin and scarecrow locations for complimentary family swim/skate admissions.

This event is free and no registration is necessary. Come out and enjoy the beautiful fall colours and celebrate active living and local food!

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For more information, contact:

Denise Skarra  
Recreation Coordinator  
250-398-7665  
dskarra@williamslake.ca