

# COWICHAN FALL FEST

& **5K FUN RUN**  
AND  
**2K RUN**

PICK YOUR RACE + PACE

ADULTS & YOUTH \$12  
CHILDREN UNDER 8 FREE

All proceeds will be donated to:

CHEMAINUS  
**HarvestHouse**  
FOOD BANK



TO TRANS-CANADA HWY 1  
NORTH & SOUTH/FULLER LAKE

FERRY TO:  
ATHETIS ISLAND &  
PENELAKUT ISLAND

VISITCHEMAINUS.CA

