

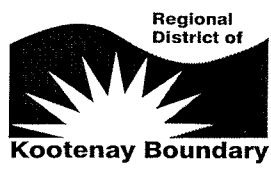
2015 MOVE FOR HEALTH DAY

Family Bike Ride

Christina Lake to Grand Forks

Trans Canada Trail Ride

www.bcrpa.bc.ca/mfhd



Friday, May 1st



Meet at Grand Forks Arena

Parking Lot 9:30 am



Free transportation to Cascade Falls Pullout

Ride ends at Grand Forks City Park



Kids under the age of 10 must be

Accompanied by an adult

Dress for changing weather,

bring water Bottles & snack

Registration Deadline April 27th

GFREC 250-442-2202 / 442-3488



BUS DRIVER : RIC KOST

