




HEART &
STROKE
FOUNDATION

NOVEMBER 4



"Fun Just Begun" Run/Walk

- >Meet at the Fair Grounds at 12:45pm
- >Event start for both 1 km and 4 km at 1pm
- >Healthy hot drinks and snacks will be provided after the run/walk
- >You are invited to wear a Halloween costume! 
- >Wear appropriate clothing for weather and walking/running
- >Bring your own water to drink during the run/walk
- >Bring your own mug (to save on disposable cups) for hot drinks
- >All ages welcome, no cost
- >A majority of this trail is part of the proposed Trans Canada Trail through Craik (see map)



1 km route will go around the Fair Grounds