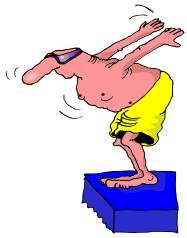


# 4rd Annual Tri for CHAC

*A fundraiser for the BI Community Hall & Arts Centre*

Saturday Sept 11<sup>th</sup> 8:30am

*PUT A TEAM TOGETHER!*



**SWIM:** Pebbly Beach to Sandy Beach, approximately 500 metres. Wetsuits recommended.



**RUN:** Sandy Beach to Killarney Lake and back (via Aldergrove Trail, Killarney Creek Trail, Magee Rd loop). Distance: approximately 4 km.



**NEW KAYAK ROUTE:** Sandy Beach, loop around Deep Bay *once only*, returning Sandy Beach. Distance: approximately 3 km.

Info: Mary Letson 604 947-9601

POSITIVELYFIT.CA

