

The **5th** annual **Seize the Day**

5k Run / 2.5k Walk

Sunday, September 30, 2018

10:30 a.m.

**Graham Family Eco Park
London, ON**



Carpe Diem!

- Register in advance for \$20 or at the event for \$25
- The event is free for any individual submitting at least \$100 in pledges
- Receive a free t-shirt and have your registration fee waived if you submit \$150 or more in pledges
- BBQ Social following the run

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