

# The 2nd Annual "Fast" Food



**Run Sunday, Nov. 22nd,  
2009**

**Raise food/money for the Cowichan Valley  
Basket Society.**

**Non-perishable food items as admission  
to event.**

**10:30 am – 2km run/walk**

**11:00 am – 5km run**

**McAdam Park, Wharnccliffe  
Road, Duncan**

**Snacks and door  
prizes after!!**

**Volunteers needed: contact Christine Ridenour  
at [meetmanager@duncanstingrays.com](mailto:meetmanager@duncanstingrays.com)**

**Sponsored by the  
Duncan Swim Team,  
and Copycat Printing**