



# SEPTEMBER 30TH LIFE-SKI RUN

**Copeland Forest, Horseshoe Valley Nordic Centre**

Come to join local cross-country skiers in their dry-land prep time.  
Race is the best training!



## Categories & Distances:

10-11 (PeeWee) – 1.5 km  
12-13 (Midgets) – 3 km  
14-17 (Juv. & Jun.) – 6 km  
19+ (Adults, Masters)-9 km

Registration  
morning from 8 to 9  
am, Fee \$5

First category starts  
at 9:30 am

**No spikes allowed**

**LIFESKI ACADEMY  
SKI CLUB**

Orillia, ON  
249-385-5727

Lifeski.com