

THE THIRD ANNUAL  
**OKA**  
**5K**  
**FUN RUN**



THERE WILL BE LIVE MUSIC,  
REFRESHMENTS,  
BEACH VOLLEYBALL,  
YOGA, CAPOEIRA & PRIZES



# MOVING FORWARD

SUNDAY, AUGUST 23<sup>RD</sup> BALMY BEACH CLUB

**REGISTER TODAY!**

ONLINE:

[WWW.RUNNINGROOM.COM](http://WWW.RUNNINGROOM.COM)

IN PERSON:

RUNNING ROOM

1877 QUEEN ST. E. TORONTO

416 693 1530



REGISTRATION – 8:30AM

KIN WARM-UP – 9:30AM

5K FUN RUN – 10AM

1K KIDS FUN RUN – 11AM

EARLY BIRD REGISTRATION \$30.00

SAME DAY REGISTRATION \$35.00

PORTION OF PROCEEDS WILL BE DONATED TO THE CANADIAN DIABETES ASSOCIATION