

**WALK, RUN, RIDE YOUR BIKE  
OR COME OUT and CHEER US ON!  
\* THIS IS a FAMILY FRIENDLY EVENT! \***

**ERACE VIOLENCE SUNDAY SEPTEMBER 11, 2016**



**IF YOU CHANGE NOTHING - NOTHING WILL CHANGE**

**HELP SUPPORT LCIH PROGRAMS FOR ABUSED  
WOMEN AND CHILDREN IN LANARK COUNTY.**

**Sunday September 11th, 2016**

**Middleville Museum, Lanark Highlands**

**New for 2016: 1km Family Fun Trail Run!**

**5km Run/Walk 9km Run/Walk 16km Bike Ride  
or Dare the Duathlon (5km run & 16km cycle & 9km run!)**

**Register at [www.runningroom.com](http://www.runningroom.com)**

**PROCEEDS DONATED TO:  
FOR MORE INFORMATION: [WWW.LCIH.ORG](http://WWW.LCIH.ORG)**

