

**ONE STEP AT
A TIME...**

**BRING FAMILY
& FRIENDS!**

**NORTHERN LIGHTS NA
2ND ANNUAL 5K RUN/WALK
JUNE 29TH, 2013**

-----12 NOON- 3PM-----

CANAL PARK

MEET BY BIKE RENTAL

PRIZES FOR:

1ST PLACE

2ND PLACE

COOLEST RUNNING OUTFIT