



MEDIA RELEASE

Quispamsis to host 5K fun run

For immediate release
June 19, 2014

QUISPAMSIS – The Town of Quispamsis is hosting its first fun run. The Quispamsis 5K for Wellness will be held Saturday, July 12 at 10 a.m. Registration is from 8:30 – 9:30 a.m.

The run, which begins and ends at the qplex, will follow the trail system along Saunders Brook. It's an official event, sponsored by Run NB.

The registration fee is \$5 per person. All ages and skill levels are welcome and people are encouraged to walk the course, if they prefer.

“Many of our residents enjoy healthy living and physical activity,” said Mayor Murray Driscoll. “We hope this will be a fun event for all.”

For more information, call 654-7258 or email active@quispamsis.ca.

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Media contact:
Aaron Kennedy
506-848-5903