

AIK Kilometre Club

Athletes in Kind is back for its 5th season in the Ridge Meadows area, and its 1st season at St. Patrick's School.

The **Kilometre Club** is a running program that was designed to encourage kids to be active and healthy while giving them a sense of purpose through giving. Children are encouraged each week to donate to families battling Cancer.

Registration Date:	Friday, October 16, 2009 – registration only
Registration Time:	2:45pm
Place:	school field
Start date for KM Club:	Friday, October 23, 2009
2009 AIK club t-shirts:	\$15 – please make out cheques to “Athletes in Kind”
Registration Forms:	please download a KM Club Permission Sheet for each child you wish to register and bring completed forms from: www.kmclub.ca

Come to registration and you will see what **aik** is all about, or check out the website for more information. We will be happy to answer all of your questions!

aik

driven by sport | inspired by people

www.athletesinkind.com