

**Cowichan Valley Run
Saturday, August 14th, 2010**

**Time: 10:30 am
Place: Mark & Marian's Place in Crofton**

Join us for a tour around the Cowichan Valley. It will begin and end at our place in Crofton followed by a pot-luck lunch after the run.

The run will take approximately 2 1/2 hours and will cover just over 100 kilometers of some of the best winding, rural roads around the Valley.

Please bring something to share for the pot-luck, a lawn chair, a full tank, an empty bladder, and an FRS radio (if you have one). The food and chairs can be left here and we'll set it all up once we return.

Directions to Mark and Marian's place is on the secure site for the club (Member's Only Forum ~ Club Events).

Please RSVP to m.chester@shaw.ca before August 3rd, if you are able to join us.

Mark and Marian