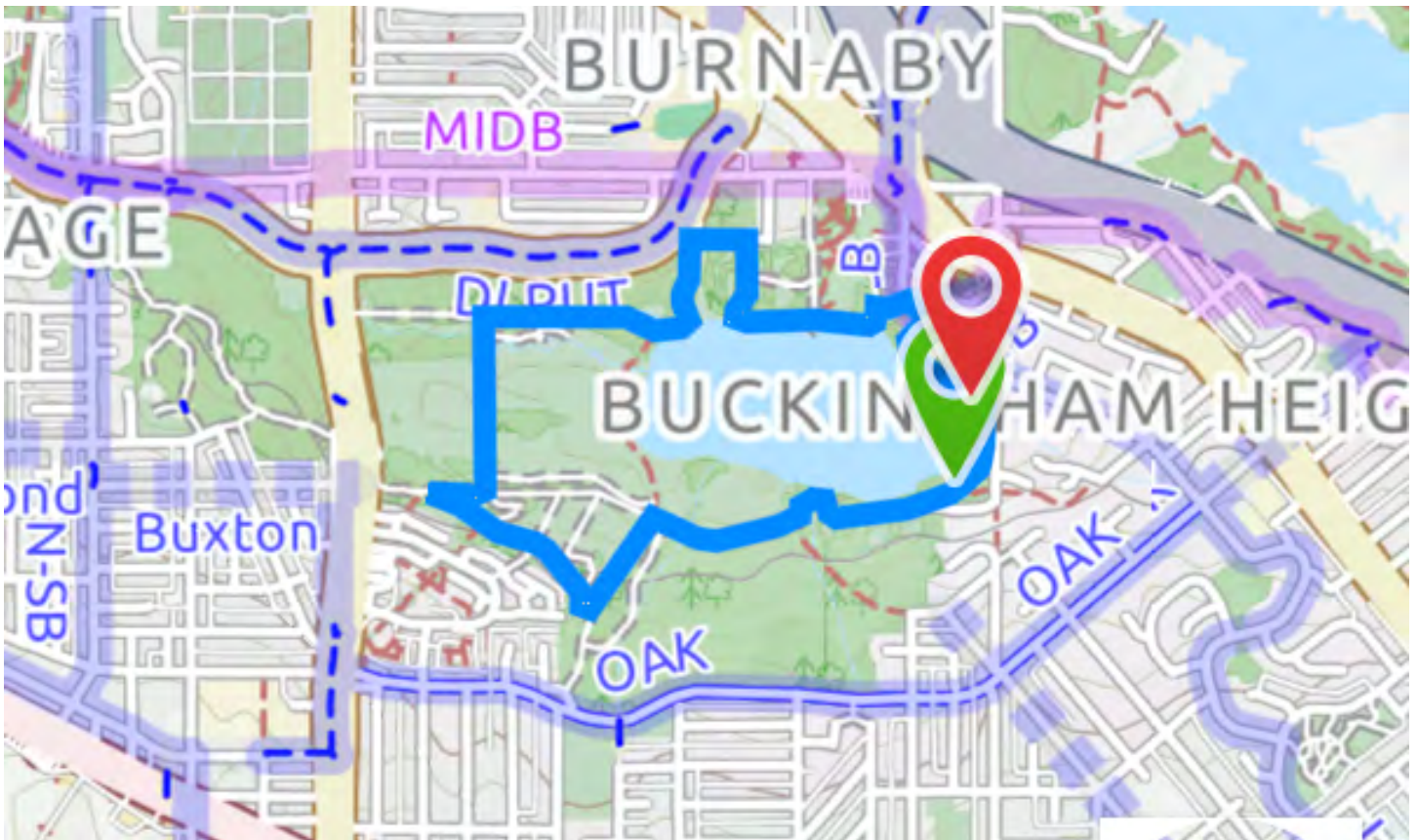


## Deer Lake parkrun Proposal



<b>What:</b>	Weekly 5km timed run and walk
<b>When:</b>	Every Saturday 9am, commencing Summer 2017
<b>Distance:</b>	5km
<b>Cost:</b>	Free
<b>Target Audience:</b>	Everyone, from beginners to Olympians. Everyone made to feel welcome
<b>Facilities:</b>	Washrooms, parking for up to approx 130 vehicles.
<b>Transit Options:</b>	Served by Translink bus routes 106, 110, 123, 129, 144, and Skytrain options from Metrotown and Sperling.
<b>Post Event Coffee:</b>	Tims Hortons, on Canada Way and Sperling Avenue