

# Mini Soles Welcomes YOU!



*This photo was taken at the 4th Mini Soles Event on April 2<sup>nd</sup>, 2011!*

*For 2012... we are ready to train again! Details for training date #1 2012 are below:*

- When? Sunday, February 5<sup>th</sup>, 2012  
Where? Meet at the bottom of Grange Road hill that runs off of Burnside Road West - at the entrance into the Marigold School driveway  
Time? We will meet at 12noon for approx. 45 minutes after all said and done  
Why? To enjoy some recreational fun and movement with our kids! YES we will do a fun walk/run approx. 1.2 kilometres in distance.  
Wear? Your running shoes and comfortable clothing...  
What goes on? We meet warm-up, walk and run, rest & recover and return to everyday life!  
Who? Children, grandchildren, nieces, nephews etc... of Sole Sisters©... and yes please big kid Sole Sisters are asked to stay – I could use your help and the kids your encouragement!  
Thank you! This is a very informal gathering!  
Anything else? Please encourage each child to bring a quarter for our CUB FUND!

*Our very own Mini Soles 1.5k Fun Run is on April 29<sup>th</sup> at 12noon.  
Come and join! All ages welcomed! A great reason to get out and  
run, walk, play at the park and enjoy the outdoors.  
Our training sessions are for you to enjoy!  
Mini Soles is FREE & FUN for everyone ☺!  
Everyone is a winner at Mini Soles!*

