

# Walk, Bike or Run...you choose.



## WBR2009

Join us on Saturday 1st August 2009 for a **Walk, Bike or Run** on a 3.5 mile circuit of beautiful Binsted countryside. Start and finish at Mint Condition and join us afterwards for a SUMMER BBQ PARTY in aid of local disabled children's schools Stepping Stones and Treloars.

This is a family event so bring the children too, they can join in with the event or they can enjoy games and activities with our children's entertainer here at Mint Condition.

**DATE: Saturday 1st August 2009 at 11am**

**DISTANCE: 3.5mile laps. Do as many as you can.**

**ENTRY FEE: £5, children under 12 FREE.**

### FIND OUT MORE

Visit [www.mintcondition.net](http://www.mintcondition.net)

Call 01420 590590 or email [gym@mint-condition.com](mailto:gym@mint-condition.com)

**WBR2009**

**Treloar's**  
Enabling Education

**stepping  
stones**

**mintcondition®**  
the personal training health club

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