

Himalayan 100 Mile Stage Race & Mount Everest Challenge Marathon

Donation proceeds go to North Shore Rescue



Come and hear about the amazing experiences of four 'run of the mill' runners who recently completed the Himalayan 100 Mile Stage Race and Mount Everest Challenge Marathon, described as **"the most spectacular running course in the world"**.

We did it and so can you!

Presentation Dates:

Friday, February 8th 7-9 pm **Jaycee House**, 1251 Lillooet Road, North Vancouver

Friday, February 15th 7-9 pm, **Distance Runwear**, 4800 Main Street, Vancouver

Please **RSVP** himalayan100presentation@gmail.com to reserve your seat.
No cost \$ 5 Donation at the door is requested to support **North Shore Rescue**
Questions? Please call 778-241-5610

Namaste