



KELOWNA NORDIC 3rd ANNUAL
STRIDE & GLIDE
FOR KGH

IN SUPPORT OF CARDIAC CARE
FEBRUARY 19 -25, 2023

REGISTER | DONATE | FUNDRAISE

kghfoundation.com/2023-stride-and-glide

PRIZES AVAILABLE FOR:

Most \$\$ Raised | Distance Challenge | Best Dressed Team

Those who raise \$100, \$500, >\$1,000

SIGN UP TODAY!

\$20 Registration fee

**Non-members can make a donation for trail fees.*

Saturday, February 25, 2023

Wrap-up event for both XC and Snowshoe. BBQ & Prizes!

Stride & Glide (15 - 20 km) distances available.



KGHFOUNDATION

