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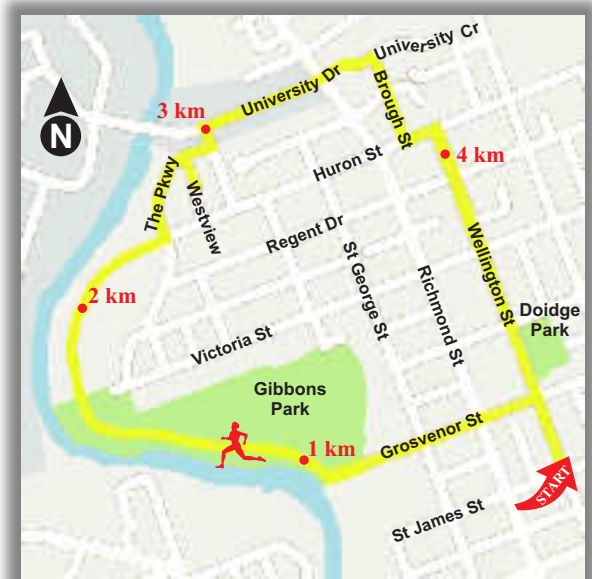
*Angelo's Italian Bakery*



**The Courses:**

The 5 km heads NORTH from the church on Wellington to Grosvenor, then west on Grosvenor down into Gibbon's Park to follow the bicycle path to the Parkway. The route then follows the Parkway (a slight 'up and down' on Westview), to Sunset, University Drive, across Richmond at the University Gates to Brough, Brough to Huron to Wellington, then south on Wellington ending in front of the Parish Hall.

Water station at 2.5 km. Course is stroller & wheel-chair friendly.  
Volunteer marshals at key intersections.



**The St. John's 5k Run and Walk**

The Church of St John the Evangelist  
280 St James St., London, ON N6A 1X3  
Phone: (519) 432-3743 Fax: (519) 432-5802



The Church of St John the Evangelist  
The 10th Annual  
St. John's 5k Run & Walk

Sunday, **October 16th**, 2016  
2:30 p.m. start

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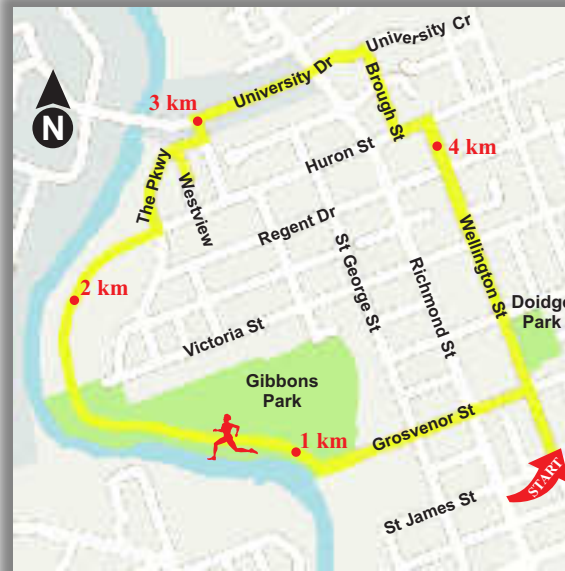
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[www.stjohnslondon.ca](http://www.stjohnslondon.ca)



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