

# Walk, Run or Bike



**Don't  
Miss  
Out!**

**Saturday, October 16th**  
**1ST ANNUAL**  
**Cycl-a-thon**

**Get Cyc'd for ComFit!**

**9:30 am - 1 pm**

We've collected the pledges,  
now we need you to do the loops!

Join us and do as many  
2 mile loops as you can!

Bring the family & enjoy a fun day in  
support of the center! Individual  
pledges for prizes optional.

- *Bounce Houses*
- *DJ Rokkin' Ron*
- *Face Painting*
- *Prizes, Food*
- *Fun & More*

**Register by  
September 15th  
for a FREE  
COMMEMORATIVE  
SHIRT!**

**Register in advance at ComFit 31 High St., Suite A, Guilford ME**

**\$15 Registration Fee | KIDS FREE!**

Last minute registrations will also be accepted on the day of the cycl-a-thon.

**Check us out online: [www.comfitme.com](http://www.comfitme.com)**

**FRIENDS OF**

**COMMUNITY  
FITNESS**

**GUILFORD, MAINE**

**31 High St., Suite A,  
Guilford ME 04443  
207-876-4813**

**[comfitme2003@gmail.com](mailto:comfitme2003@gmail.com)**

**24/7 Nonprofit Fitness & Community Center**

**\* Personal Training**

**\* Homeschool Open Gym**

**\* Senior Center**

**\* Fitness Classes**

**\* Weight Rooms | Cardio Room**

**\* Pickleball & More**