

**5K**  
Run, Walk, Gallop or Graze – Just Find Your Farmyard Pace!

**FREE KIDS**  
(14 and under)  
**1K & 2K**

Registration is required and will include a t-shirt and medal!  
Kids can run the 5KM with adult supervision

**SUNDAY**  
**SEPTEMBER 21, 2025**  
Sign in begins at 9am  
5km run begins at 9:30am  
Registration Fee is \$20 (includes a t-shirt)

**REGISTRATION IS REQUIRED**  
**DEADLINE TO RECEIVE A T-SHIRT:**  
Wednesday, September 10<sup>th</sup>  
Register at [www.echobay.ca](http://www.echobay.ca) or in person at the Municipal Office

**Prizes for Best Dressed Farmers!!**

**IMPORTANT ANNOUNCEMENT**  
**NEW ICE RENTALS RATES AT THE SPORTSPLEX**

**Prime Ice Rental**  
Weekdays 5:00–11:00 pm & All Weekends  
\$150.00 per hour

**Non-Prime Ice Rental**  
Weekdays 8:00 am–4:00 pm  
\$115.00 per hour

**Ticket Ice Rental**  
Bookings within 24 hours  
\$80.00 per hour

**10+ Bookings Ice Rental**  
Must schedule and pay for 10 bookings upfront  
\$125.00 per hour  
(\$1,250.00 minimum)

**90-Minute Rental:** Charged at 1.5 × hourly rate  
Hourly Rate = 50 minutes

**Ice Rentals can be made online at our website - [www.echobay.ca](http://www.echobay.ca) or by contacting Trisha:**  
tdaynard@ontera.net  
office- (705)248-2441  
cell- (705)297-4024

**Evenings & weekends call the Sportsplex: (705)248-2381**

**Did You Know?**  
Our community has a Recreational Fund available to help support youth in participating in our local programs.

We want every child to have the same opportunity to join in, learn new skills, and have fun – regardless of financial barriers.  
We don't want cost to be a barrier – every child deserves the chance to take part, and resources are available to help make it possible!  
For more information, please contact:  
Trisha – tdaynard@ontera.net or 705-248-2441

**Ballin' n In The Bay**  
Echo Bay Youth Ball Hockey  
Sportsplex Series

**4 WEEK SERIES MONDAYS**  
**September 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>**

AGE GROUP	GROUP TIME
4-7	6-7 PM
8-12	

**MANDATORY EQUIPMENT**

- Helmet with full face mask (CSA approved)
- Hockey gloves
- Hockey stick (no plastic blades)
- Shin guards (soccer style covered with socks)
- Running shoes

**RECOMMENDED EQUIPMENT**

- Protective cup (jock or jill)
- Elbow pads
- Knee pads

**6th Annual Treats in your Trunk**

REGISTRATION IS REQUIRED TO PARTICIPATE. PLEASE REGISTER AT [WWW.ECHOBAY.CA](http://WWW.ECHOBAY.CA)  
Friends, neighbours and local businesses please consider registering a "trunk"

For more information about registering a "trunk" contact Trisha - tdaynard@ontera.net

**SUNDAY 26 OCT 2025** | **ECHO BAY SPORTSPLEX PARKING LOT**  
TRUNKER TREATING 1-2:30PM

**September Seniors lunch**

MENU: CABBAGE ROLLS, PEROGIES & APPLE CRISP  
SPACE IS LIMITED AND YOU MUST BE ON THE LIST TO ATTEND  
COST IS \$5 AT THE DOOR

CONTACT THE MUNICIPAL OFFICE TO GET ON THE LIST (705)248-2441

**WEDNESDAY 17 SEP 2025** | **ECHO BAY HALL**  
DOORS OPEN AT 11:30AM  
LUNCH WILL BE SERVED AT NOON

**Healthy Aging & Wellness Fair**  
September 16, 2025  
RC Legion (Richards Landing)  
11 am - 3 pm  
Free Admission

Please join us at our Healthy Aging & Wellness Fair!

Learn about health services, social groups, and local clubs. **CHECK OUT**

Caregivers, please bring a friend, shut-in, or older relative out for a fun afternoon.

- Local Services
- Caregiver Resources
- Safety Tips
- Local Activities
- Light Lunch Provided
- Resources & Support

All ages are welcome.

**PROUDLY HOSTED BY:**