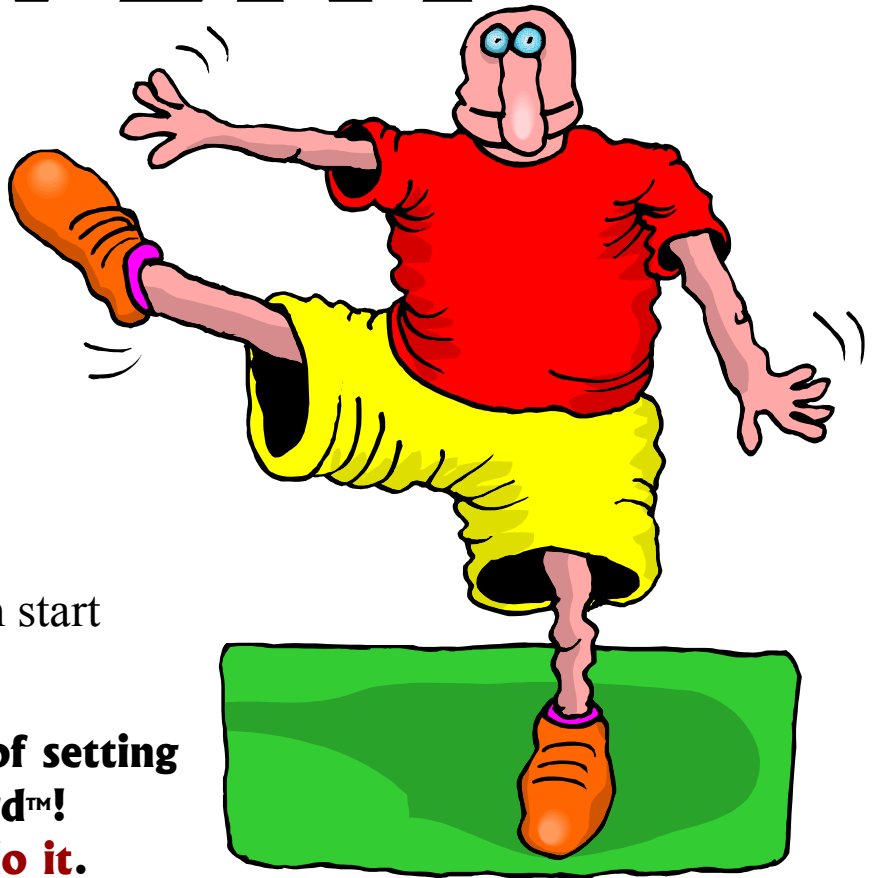


# GUINNESS WORLD RECORD™ EVENT

**COWICHAN  
SPORTSPLEX  
World's Largest  
Fitness Workout**

April 20, 2012  
11am registration | 12pm start

**Get inspired! Get fit!**  
**Wow! You can be part of setting  
a Guinness World Record™!**  
**30 minutes – you can do it.**



**Our Goal is to have over 5000 people participate...are you in?**

[Facebook/Cowichan Sportsplex](#) | 250-746-5666 | [events@cowichansportsplex.com](mailto:events@cowichansportsplex.com)  
Contact the Cowichan Sportsplex to get updates and help create the BUZZ!