

## Island & Sunshine Coast

<a href="#">5K Foam Fest</a>	Nanaimo, BC	June 10, 2017	Use promo code TEAMMUCKMSBC for a \$5 discount
<a href="#">BC Mountain Grind</a>	Sunshine Coast, BC	April 22, 2017	

## Main Land South

<a href="#">Rugged Maniac</a>	Surrey, BC	July 15, 2017	Use promo code: MSSOC17 and \$5 will go back to the MS Society
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<a href="#">Tough Mudder</a>	Whistler, BC	June 17 & 18, 2017	
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<a href="#">Spartan Race (Sprint)</a>	North Vancouver, BC	June 10, 2017	Use promo code MSBC2017 to receive 20% off
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<a href="#">5K Foam Fest</a>	Abbotsford, BC	June 3, 2017	Use promo code TEAMMUCKMSBC for a \$5 discount
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## Thompson Okanagan

<a href="#">5K Foam Fest</a>	Sun Peaks, BC	June 17, 2017	Use promo code TEAMMUCKMSBC for a \$5 discount
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<a href="#">Mudd Sweat and Tears</a>	Kelowna, BC	August 26, 2017	Use promo code: MSTFORMSKELOWNA to get a discount
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<a href="#">Freak'n Farmer</a>	Oliver, BC	September 23, 2017	
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<a href="#">Spartan Race</a>	Sun Peaks, BC	September 23 & 24, 2017	Use promo code MSBC2017 to receive 20% off
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## The Great North

<a href="#">Mudd Sweat and Tears</a>	Prince George, BC	June 10, 2017	Use promo code: MSTFORMSPG to get a discount
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<a href="#">Mud Bog</a>	Dawson City, WH	August 20, 2017	
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## The U.S. of A

<a href="#">Gladiator Rock'N Run</a>	Seattle, WA	June 22, 2017	Use promo code: MSSOCIETYCA for \$9 off registration and \$5 will go back to MS Society
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<a href="#">Spartan Race</a>	Seattle, WA	September 16, 2017	Use promo code MSBC2017 to receive 20% off
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<a href="#">Tough Mudder</a>	Seattle, WA	September 16 & 17, 2017	
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