

Andrew Yorke will take part in Caledon Run Festival

Caledon's Andrew Yorke hasn't forgotten from where he got his start.

The 26 year old Humberview Secondary School graduate has had an incredible summer of racing. He was fourth in New Zealand in April and the top Canadian at the July Pan American Games in Toronto. In August, Yorke raced on the Olympic course in Rio Brazil and last weekend was eighth place and top North American in the Edmonton World Cup Triathlon. He is racing at the World Championships in Chicago and then will finish the season off with races in Mexico and Korea before focusing on the 2016 Rio Olympic Games.

One of Yorke's greatest enjoyments is the chance to race at home and to inspire others.

He will be at the Caledon Run Festival and Wellness Fair Sept. 27 held at the Caledon Community Complex in Caledon East.

"I am coming home for the weekend and the goal is to help coach Barrie Shepley and C3 set a new national record with 1,300-plus kids in the free 1 Mile Run," Yorke said.

Yorke was a top cross country runner while at McMaster University.

The Sept. 27 event is designed to be a fun, family event with a community five-kilometre walk, five-kilometre fun run and the free kids one-miler.

"Over the years, we have seen two and three year olds walking the mile with their parents and nine and 10 year old kids running the entire one mile on their own," Yorke observed.

The event is in conjunction with the Town Recreation Department and will have many sports expo and health booths set up in the afternoon as well as the fun runs.

"Our goal is to inspire Caledon to get active and I hope that everyone comes out, walks, runs and volunteers for a fun afternoon," Yorke said.

Everyone must pre-register (even the kids who are participating for free so that organizers can plan for food, T-shirts and race medals).

Register for the 1 p.m. event at www.c3online.ca



Pan Am triathlon athlete Andrew Yorke will be on hand for the Caledon Run Festival.