

Big kids' run returning to Caledon East Sept. 29

For the sixth consecutive year, Kinetico, Benson Steel and Royal Containers will be working together with community groups to create the biggest kids' run in Canada.

Every single child will get a free race entry (shirt, finisher medal, food and awards) at the Caledon Community Complex Sept 29. This year, we are trying to give away 1,500 free race entries for the kids in the Kinetico Kids 1 Mile Run, commented Ed Strycharz from Kinetico.

This year, the event will be even bigger and better than anything in the past.

Benson Steel and Royal Containers have come together to create community 5k and 10k runs. Both events start at 1 p.m. from the soccer fields at the Complex.

The 5k run distance is very do-able for everyone, and it's on the perfectly-flat Caledon Rail Trail which is both beautiful and easy on the legs, observed Caledon's Olympic Coach Barrie Shepley.

The day will have a five different fitness assessment stations, where families can get free strength, power, and endurance assessments done before or after the races. C3's Elite High Performance Team will be there to cheer on all participants, including Andrew Yorke, Sean Bechtel, Taylor Reid, Bob Knuckey and Hans Porten.

A major bonus of the afternoon will be the Toronto 2015 Pan American Travel Show. The Ignite Program will be in town for Sept. 29, with their athletic caravan and a chance to motivate and educate families of what to expect in 2015 when the Pan American Games comes to the Greater Toronto Area. Even though children get to race for free, C3 needs families to pre-register so organizers know how many race shirts and food to plan for. All details are at www.c3online.ca and follow links to the Caledon Running Festival.