

C3 Kinetico Run Festival to go at Caledon Town Hall Sept. 28

C3's Phillip Adsetts, along with Steve Benson and Kim Nelson, all collectively agreed years ago that they wanted to create a community sporting event in which all children could participate at no cost.

The annual C3 Kinetico Run Festival will take place Sept. 28 at the Caledon Town Hall property in Caledon East.

The annual free one-mile run is designed for children of any age to get a chance to participate an exciting sporting event. C3's top international pro athletes, like Andrew Yorke, Taylor Reid and Sean Bechtel, will all be in attendance.

"Our goal at C3 each year is to give back to community, and to inspire and motivate our Caledon and surrounding area," commented C3 head coach Barrie Shepley.

The afternoon event will include the kids free one-mile run, as well as the Benson Steel 5k and the Royal Container 10k community fun runs. In addition to the top international athletes who will be on hand to meet the participants, C3 will have the 2015 Pan Am Ignite Program, as well as a bouncy castle, face painting and a chance to take the C3 Fitness Test.

Yorke will be back in Caledon to see many friends who have been following his incredible race season, which included a fourth place finish at the Commonwealth Games in Scotland.

"We are trying to give away 1,400 free youth race entries, which include T-shirt, finisher medal and post-race snack," Shepley said, as he urged people to load the kids in the car to take part in this fun event.

Organizers are asking people to pre-register so they know for t-shirt sizes and food.

Details to register are on C3's website at www.c3online.ca