

C3 Caledon Fun Run Festival is this Sunday



C3's yearly Caledon Run Festival takes place this Sunday at the Caledon Community Complex in Caledon East.

C3's yearly Caledon Run Festival happens this Sunday (Sept. 29), and there is still plenty of room and time to still register, volunteer or simply come out and cheer.

It's hard to believe that it was six years ago that C3 started the Caledon Run Festival, and each year the goal is to try to be bigger, better and more enjoyable to kids and families, said C3 coach Barrie Shepley.

The Kinetico Mile is hoping to give away 1,500 free race entries to kids of all ages, and parents are able to walk, jog or push their kids in buggies or wagons, Shepley added.

Each child gets a free t-shirt, free race number, free finisher's medal and an opportunity to meet the top athletes in the country. The Benson Steel and Royal Containers 5k and 10k races do have a fee, but each athlete will get a great race kit and a chance for some super prizes.

Also on hand will be the Toronto 2015 Pan American Games Caravan, as well as a free bouncy castle, interesting vendors and new this year five different fitness assessment stations where children and adults can get their own assessments done for free.

Shepley observed that Caledon continues to keep active families as a top priority. The hope is that parents, grandparents, coaches, teachers and adults register as many children, and themselves, as possible.

The entire event is at the Caledon Community Complex on Old Church Road in Caledon East, from noon to 4 p.m.

Take time to read more and register at www.c3online.ca