

C3 fun run coming to Caledon East Sept. 29

For the sixth straight year, Kinetico, Benson Steel, Royal Containers have partnered with C3, the Town of Caledon and the Brampton/Caledon Community Foundation to create the Caledon Running Festival.

This year, C3 expects the event to be the biggest ever. C3 will be giving away 1,500 free race entries to youth in the Kinetico 1 Mile Run. Every single child (from two years of age to teenagers) will get free entry into the one-mile run.

The event will include the Benson Steel 5k and the Royal Containers 10k runs, as well as a huge sports expo and many sporting demonstrations. The Toronto 2015 Pan American Sports Expo will be in attendance with the Pan AM Mascot, the Jumpy Castle and many sporting demonstrations. Elite international runners and coaches will also be at the Caledon Community Complex.

"No community in Canada is giving away 1,500 free race entries to youth and if we hand out all the packages on September 29th, we will have set a national record for the most kids in a one-mile run," said Caledon's Barrie Shepley.

"Our goal with the Run and Health Festival is to get all of Caledon and Peel's families into an active healthy lifestyle and with the best athletes in the country coming out to motivate the kids and their parents, we are very fortunate," said Kinetico's Ed Strycharz. Parents, local coaches and teachers need to have their children and teams pre-register in advance (even though its free) so that C3 knows how much food to have available, as well as the number and sizes of T-shirt.

All registration is through the C3 website at www.c3online.ca