

C3 one-mile run for kids this Sunday in Bolton

For more than a decade, C3 and Kinetico have been giving away free race entries to their fall Kids 1 Mile Run.

This Sunday (Oct. 30), C3 and Kinetico are trying to give away 500 free race entries to kids of any age.

The location has changed and will now be at Humberview Secondary School as a part of the Bolton Rotary Haunted Hill 5k and 10k event. Following the races, at 11 a.m., C3 and Kinetico will be giving away free entries to community kids and families. Kids will get a free race shirt, free finisher's medal, race number and post race snack.

C3 and Kinetico have wanted to inspire the local kids to get active and by giving away free entries, we have taken the economic restriction out of allowing any child to participate, said C3 and Olympic coach Barrie Shepley.

All kids must pre-register so organizers have enough shirts, food and medals for the kids. Parents can walk or run the 1 Miler with their children, or the kids (of any age) can run on their own.

The Bolton Rotary Haunted Hill 5k and 10k runs go off at 9:30 a.m. and the C3 Kinetico Kids 1 Mile Run will go at 11. It's important that families who have participated in the 1 Miler in the past, realize the event, which has previously been run out of Town Hall in Caledon East, has been moved to Humberview to amalgamate with the Rotary event.

Online registration (even though its free) can be found at <http://www.rotaryhauntedhill.com/>