

Caledon Pit Run for Headwaters Foundation goes Saturday

Change up your regular jogging route through an active aggregate pit!

Lafarge and Aecon local construction partners invite the community to their third annual Caledon pit run this Saturday (Sept. 13) from 9 a.m. to 1 p.m. The five-kilometre trail run/walk and Kid's one-kilometre run allows participants of all ages and experience levels to enjoy the run.

The participant rate has continued to rise each year that Lafarge Canada Inc and Aecon Group Inc has hosted the run. The idea behind it is to create a fun event that families and neighbours can enjoy, to encourage them to stay active and look forward to running together in each year.

The first year saw more than 75 runners and walkers attend, raising over \$8500 for Caledon Community Services. The participants enjoyed the event so much, that Lafarge and Aecon committed to continue the run and make it an annual event. Last year, it attracted approximately 100 participants and 250 visitors, and raised \$20,000 for Bethell Hospice Foundation in Inglewood, as well as collecting more than 250 kilograms worth of food donations for Bethell's pantry.

Lafarge and Aecon made a decision to rotate the local charity yearly to bring attention to the various needs and caring work being done in Caledon and nearby communities. The event also acts as an open house to showcase an active aggregate pit and what rehabilitation of a pit looks like. This year, 100 per cent of all proceeds collected will go directly to Headwaters Health Care Foundation, to be aimed at their highest priority equipment needs. Non-perishable food items will also be collected for the Orangeville Food Bank.

During the day, tours of the operations will be given, heavy construction equipment will be on display and a silent auction will be held. In addition, kids will have a chance to engage in a number of activities in the Kid's Corral with the Lafarge mascot Rocky.

There will be some free food and local sponsors will have a chance to educate the public on their products and services.

Also, Earth Rangers will be on-hand to let the public meet their Animal Ambassadors.

The Caledon Pit was awarded with the Ontario Sand, Stone and Gravel's Award of Excellence in 2004: an award that recognized the pit's many years of cumulative effort, hard work and dedication to safety, environmental stewardship, property enhancement, progressive rehabilitation and community relations.

The Headwaters Health Care Foundation raises funds for medical equipment, infrastructure and continuing education. Headwaters works to provide the best care possible to the 135,000 men, women and children who live in the Dufferin-Caledon community.

The event will take place at 18000 Willoughby Rd. For more information on the 2014 Caledon Pit Run, visit www.caledonpitrun.ca