

Caledon Run Festival set for Sept. 27

For nearly a decade, C3 Canadian Cross Training Club has run the very popular Caledon Run Festival.

The yearly event has a five-kilometre run and walk, and the highlight of the day, the free Kids 1-Mile Run.

This year's event is set for Sept. 27 at the Caledon Community Complex soccer fields (next to Town Hall in Caledon East).

The Caledon Run Festival is partnering with Caledon Parks and Recreation this year to add in the first Wellness Fair as well. The event will have free sports expo booths, an opportunity for all clubs and sports and health professionals in the area to set up a free booth and to meet families who want to be more active and healthy.

The day will begin with the Benson Steel 5km Fun Run at 1 pm. At 1:03 p.m., the Royal Containers 5km Family Walk will take off. Finally at 2 p.m. will be the Free Kinetico Kids 1 Mile Fun Run or Walk. Organizers are trying to top their 1,300 kids who set a national record in 2013.

To allow 1,200 or 1,300 kids of any age a chance to get a free T-shirt, free finishers' medal and a chance to meet the top pro athletes in the world is an incredible gift from C3, the Town of Caledon and C3 sponsors Kinetico, Royal Containers and Benson Steel, observed race director Barrie Shepley. We are so excited that Recreation Director Laura Johnston and her staff are partnering with the Run Festival to add in the first ever Caledon Wellness Fair.

The two organizations' major goal is to get as many families, community sports groups and wellness organizations out for a free day of demonstrations, give-aways and a chance to meet top coaches, instructors and athletes. Caledon's Andrew Yorke will be at the Festival just one week after he races at the World Triathlon Championships.

I have been at the Caledon Run Festival many times and its always a highlight for me, he said.

While there is no cost to join the Free 1-Mile Run, organizers need everyone to pre-register so they can plan for shirts and food.

Those who are interested in the Fun 5km Run or Walk, must also pre-register. Those interested in having a free booth at the sports expo (all community sports teams, fitness clubs and wellness specialists are welcome) should email Erin.Burger@caledon.ca to reserve booth space. Registration and more details are at www.c3online.ca



These young competitors were taking off in one of the events of the 2014 Caledon Run Festival. Photo by Bill Rea