

Mud Heroes returning to Albion Hills

By Bill Rea

A lot of people are going to be covered with mud Saturday at Albion Hills, and they're likely to have smiles on their faces.

Crazy Canuck Events will be bringing Mud Heroes to Albion Hills Conservation Area for the second year in a row. Crazy Canuck co-founder Ted McLeod said it will consist of a six-kilometre obstacle course, complete with mud pits and water slides. He stressed it will offer people the chance to take part in a challenging experience, "but do it with a smile on their face."

"We find we get a better return that way," he added.

Proceeds from the day will go to support the Princess Margaret Foundation, and Camp Oochigeas, which gives camping experiences in Muskoka to children with cancer and other illnesses that require extra care.

For more information, go to www.mudhero.com