

## Sign up for Peel Region's Run, Walk and Roll next month

Registration is open for Peel Region's annual Run, Walk and Roll Oct. 25.

The accessible five-kilometre route through Chinguacousy Park, in Brampton, accommodates runners of all types. Avid runners, recreational running enthusiasts, wheelchair athletes, those who enjoys a long walk or families can take part.

Check-in will be at 8:30 a.m. and the event will start at 9:30.

Registration is \$35 for the 5K until Sept. 29, and \$50 after that, and \$120 for groups of four until Sept. 29 and \$170 after.

Registration for the Kid's Course free with donation to United Way.

"I have had the chance to play a role with the 5K for a number of years and it's encouraging to see how much it's grown over the years," commented Meenu Sikand, co-chair of the Region of Peel's 2014 United Way Employee Campaign, which is hosting the event. "And what I think is one of the best aspects of this run, is that it caters to the whole family. Whether you're a child participating in our 1K Kid's course, or running in a costume and participating in our Halloween costume contest, it's a fantastic way to spend time together all the while supporting the communities of Peel Region."

This event has grown every year, with more than 500 participants registered in 2013. All proceeds benefit the United Way of Peel Region to improve lives, strengthen neighbourhoods and make our community great for everyone.

Everyone, of all ages, is invited to take part in this event, by either participating in the run, raising funds through pledging or joining the volunteer team. The first 500 registrants for the race will receive a free official race, shirt, toque and swag bag.

For more information or to register, visit [Peel5k.ca](#).