

Jaunty 5k spring outing

BY RINA DE DONATO

g expects an early morning call Sunday morning in June. will be preparing the heritage welcome 500 runners and walkers supporters.

he Run (GOTR) GTA and York sends its first five kilometre to the public. The It's Cool To event starts at 10 a.m. on Sun. the organizers will be at The use race base and around the Kleinburg making their prepara- 5 a.m. that spring day, rain or ington Avenue between Kellam indertwine Road will be closed odate hundreds of race partici- spectators.

event is open to anyone, and the istration fee is \$20, or \$10 for nder 10. Anyone making a last- sion can pay \$25 cash on the ent.

is the culmination of months y the GOTR organization. The GOTR programs for young educe at-risk behaviour among t participants (including teen eating disorders, depression as well as substance abuse GOTR provides girls with tools healthy decisions and form mages.

tribution that It's Cool to be Me nts make in registering for and in the race is to help girls who icially unable to participate in a ve GOTR program that pro- ls needed for a lifetime of self- healthy living. The funds will

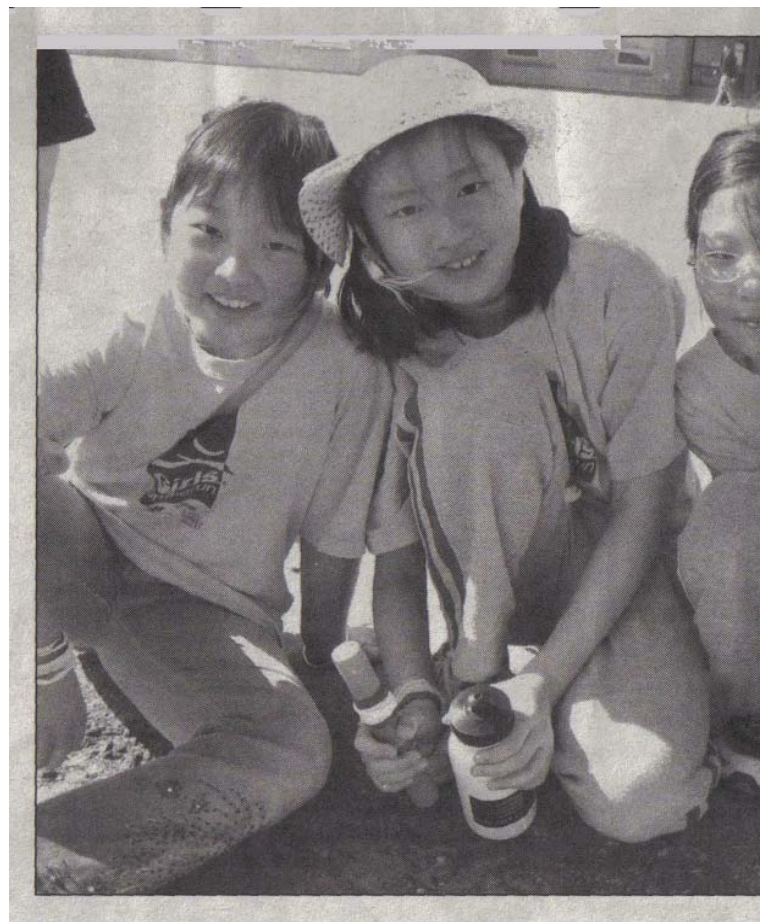
be used for program scholarships.

The program for each girl ends with a non-competitive 5k walk or run - something which many of the GOTR program participants would not have dreamed they could ever complete. Over a hundred girls - the race VIPs — who have already benefited from a GOTR program will participate in the June 4 event, along with others from the community. Support by runners and walkers from the Woodbridge community will add extra kudos for young girls who have worked so hard to improve their own self-esteem.

Registration for the event is from 8 until 9:30 a.m. The GOTR girls will parade to the start line at 9:30 a.m. Fit Pro Solutions will take race participants through a warm-up routine, and at 10 a.m. the race starts. Following the race, by 11 a.m., refreshments will be served to the racers, with jazz violinist Jeff Taylor and the Senior Leadership team providing musical entertainment. An 11:15 a.m. highlight for the GOTR program girls will be a presentation to their charitable partner Free The Children, when 100 per cent of their community fundraising project, Run For A Reason, will be handed over.

There's plenty of parking at Kleinburg Public School, Ecole Elementaire La Fontaine and Kleinburg Public Library as well as on community streets where allowed. All are welcome to come out and race, or spend the morning having fun and supporting the participants.

For information on Girls on the Run GTA & York Region visit www.girlsontherun.ca. You can register for the June 4 event online by clicking the green It's Cool To Be Me 5k banner, or in person on the day of the event



Yani Wang (left), Yajia Da and Soomin Ko take a breather during on-gram sessions. They will be proudly completing the June 4 5K event after their character-building sessions.