


# Canada's Fitweek



## KICK UP YOUR HEELS!

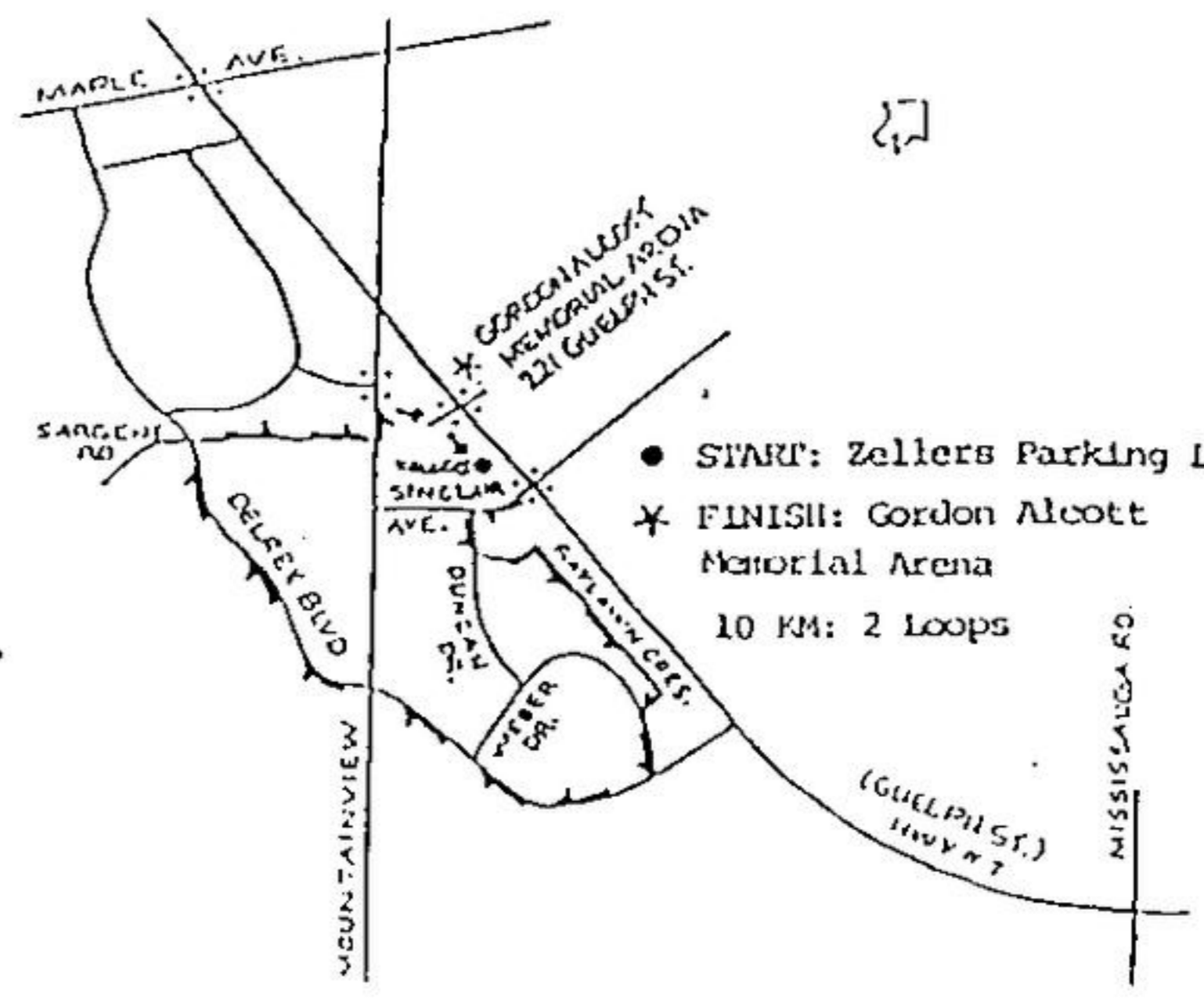


**Accreditation**  
No. 90025

### 12TH ANNUAL MAYOR'S RUN/WALK RACE

#### SUNDAY, MAY 27, 1990 - 8:00 AM

COORDINATED BY THE TOWN OF HALTON HILLS  
RECREATION AND PARKS DEPARTMENT



**LOCATION:** Gordon Alcott Arena  
**DISTANCE:** 5 KM RUN - Open to residents of Halton Hills only  
 5 KM HALTON HILLS  
 ROCKPORT WALK ON - Open to residents of Halton Hills only  
 10 KM RUN - Open to all registrants

**CHECK IN TIME:** 7:30 a.m. - 8:00 a.m.  
**START OF RACE:** 8:00 A.M. WALK - 8:15 A.M. 10 KM RUN  
 8:20 A.M. 5 KM RUN

**ENTRY FEE:** \$6.00/individual and \$11.00/family until 8:00 a.m. on Race Day  
 5 KM WALK - FREE!

**SAFETY FOR THE RUNNERS**

Notice to all residents that traffic will be impeded along the Road Race Route on Sunday, May 27th, 1990, from 8:00 to 10:30 a.m. Please avoid driving along these streets. There will also be a detour for drivers off Highway No. 7 (Guelph Street) between Mountainview Road and Sinclair Avenue.

Residents living along the Road Race Route are asked to avoid parking on these streets.

Dog owners, please have your pet on a leash.  
 Thank you for your cooperation. We hope if you choose not to run that you will still join the fun! Come out and support the runners.

● **START:** Zellers Parking Lot  
 ✱ **FINISH:** Gordon Alcott Memorial Arena  
 10 KM: 2 Loops

### HIGHLIGHTS

**Wed. May 23**  
**COUNCIL BASEBALL GAME**  
 Chinguacousy Park (Hwy. No. 7 & Bramalea Rd.) at the Yellow Diamond - 7:00 to 8:00 p.m. Brampton Council vs Halton Hills Town Council.

**Sun. May 27**  
**MAYOR'S RUN/WALK RACE**  
 Gordon Alcott Arena, Georgetown  
 Check-in time 7:30 to 8:00 a.m.

**Wed. May 30**  
**CROWN LIFE PARTICIPATION CHALLENGE**  
 Call in your 15 minutes of continuous exercise to our Hotline Number and help us beat Brampton.

**ACTON HIGH SCHOOL SKIP-A-THON**  
 Starting at 10 a.m., all staff and students will skip for 15 minutes.

**GEORGETOWN DISTRICT HIGH SCHOOL RUN/WALK**  
 More than 1,500 people are expected to join in a 1 mile run or walk for participation along Maple Avenue and Main Street then back to the school.

## CrownLife PARTICIPATION CHALLENGE

### WEDNESDAY, MAY 30th, 1990

**THE CHALLENGE**

On Monday, May 14th our Town Crier officially challenged the City of Brampton to a "duel of the fittest" on Participation Day, May 30th and the City accepted. The winner will be decided by the greatest percentage of the population in each town who participates in 15 minutes of continuous exercise.

**WHAT TO DO!**

Simply participate in ANY physical activity which makes your heart beat faster - like walking, jogging, dancing, swimming, gardening, mowing the lawn, housecleaning, etc. - for 15 continuous minutes. Go at your own pace because time is more important than distance or speed. Then call your activity in to the Civic Centre number, listed below, and help us beat Brampton.

# 873-2600



come out to our



# OPEN HOUSE

## MAY 28 - MAY 31



**FREE**

Drop in for a Free Health Profile and have your Blood Pressure Tested and a Life Cycle Fitness Test all at No Charge.

**FREE**

USE OF ALL OUR FACILITIES

**WED., MAY 30 - Corporate Fit Challenge**

In conjunction with the Participation Challenge, local companies and organizations will have an opportunity to compete for the Corporate Cup. Just call and enter your team of 10 people for a fun filled evening of competition from 7 to 9 p.m.  
 (Note: Team members must be residents of Halton Hills)

**WORK THAT BODY**

232 GUELPH STREET  
 GEORGETOWN

**877-0771**

For More Information On Events Contact Joanne Bodnar at the Rec Dept. 873-2600, Ext. 276