

# Extreme cold weather delays local Learn2Run program by two months

The Georgetown Runners recently announced the 2015 Learn2Run/5K Run program will be delayed due to extreme winter weather. Originally scheduled to begin on Tuesday, March 3, the program will now start on Tuesday, April 28.

"In more than 30 years as a runner, I've never experienced a winter like this one" said Head Coach and president of

the Georgetown Runners Linda Kirk. "It's difficult for experienced runners to go out in these temperatures. We want the participants to learn to love the sport, as we do. That will be difficult if they are worrying about slipping on ice or frostbite."

After consulting with co-coach Joe Cleary, a decision was made to delay the start until better weather is assured.

The program will be modified to run concurrently with the Georgetown Runners's successful track program.

Until last year, Learn2Run programs in Georgetown were delivered by Feet In Motion, Georgetown's local running store. With the closure of the store a huge gap developed, and the club was approached to fill this gap.

With the help of local physiotherapist

Gerry Ross, Blue Fins Head Coach, Chris Henderson, a number of local fitness professionals and the support of Feet In Motion's former owner Brad Mailloux, the Learn2Run program has been developed.

"The focus of this program is not just to train the participants for a 5K race but to educate new runners, give them access to local resources and support

professionals and to introduce them to other people who share their interest. Georgetown has a growing running population and it's difficult to know how to get started or what resources are available," said Mailloux.

The Georgetown Runners Running Club hosts the annual Egg Nog Jog, which has contributed close to \$200,000 to local charities.

## Halton District School Board Provide input on 2015-2016 budget priorities

The Halton District School Board values input from parents, guardians, staff and members of the public concerning the development of the 2015-2016 budget. Until **Friday, March 27, 2015** community members may provide input online at [www.hdsb.ca](http://www.hdsb.ca). Follow the link from the home page.

Community members may also make presentations to trustees by following the delegation procedure posted on the website under "Boardroom and Trustees". Additional resources regarding education finance and recent budget presentations to trustees are also posted online.

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**Q:** I'd like my teeth to be straighter, but I'm a grown-up and do not want to wear metal braces. Is there anything out there for me?

**A:** I am a life-long metal brace resistor. Long before I even considered a career in dentistry, back when I was pretty sure I would become a professional racing driver or a Transformer, I gave my parents a very hard time when the orthodontist suggested gluing metal to my teeth to correct a few years of thumb sucking. The compromised reached was a removable retainer that was still half metal and, well, *sort* of corrected my bite. If only the computers back in those days were not the clunky tape-driven lumps that had the programming power of a modern car key. Because with today's technology we now have the ability to create thin clear removable appliances that correct misaligned teeth predictably and efficiently. The system I provide at the office is called Invisalign and is a wonder of the modern world. A new set of aligners is worn every two weeks. These aligners are taken out when you eat and clean your teeth, but worn the rest of the time. The aligners are nearly invisible (hence the name) and the comfort they provide over metal and brackets is undeniable. Most people will not notice you are in treatment until they realize how much better looking you have gotten over the course of a few months. Thirty years after my trip to the orthodontist I am currently in Invisalign myself and could not be happier. If you want to learn more about Invisalign, my office is hosting an information night March 26th at 6pm where we are offering complimentary treatment planning for all attendees (a \$192 value). Contact the office for questions or to RSVP.



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### Grit Builds Success

Grit is a combination of passion and perseverance for a very long term goal. Someone with grit shows stamina and the ability to work tirelessly toward a future reward despite any setbacks. They are able to keep their eyes on the prize. When you have grit, you are more resilient and capable of surviving small failures. With grit, failures simply become information about the amount and quality of effort you need to provide to reach your goal so you can readjust your strategy and continue moving forward.

Not sure if you have grit? Grit is something that is not necessarily measurable but is a quality that you can detect in people when you talk to them. People with grit tend to look at life as a marathon with a long term reward rather than a sprint with short bursts of effort for instant gratification. When you have long term goals every small action becomes more purposeful and meaningful.

Working with a coach can help identify those qualities within you or help you develop the skills and mindset of someone with grit. A coach can help you to see how effort and commitment combine as powerful tools to help you maximize your success. Coaching works well for people who want to maximize their performance.