

213K run just a warm-up for 'Virginia vs. Bruce' charity event

By Neil McKenzie-Sutter
Special to The IFP

Former Georgetown District High School teacher Virginia Gingras ran 213 km this past weekend on a section of the Bruce Trail in Dufferin and Grey counties.

Gingras originally planned to complete 245 km during her run, but out of concern for a strain injury, she decided to shave off the last 30 km so she's ready for the next event, the 'Virginia vs. Bruce' charity run,

scheduled to begin Sept. 10, in which she aims to run the entire 890-km length of the Bruce Trail in 12-13 days.

She needs to run 80 km per day to meet that goal, but has an advanced repertoire of long-distance running including marathons, trail races and bike races, so she's up for the challenge.

"Short of injury I will not be coming off this trail," Gingras says, regarding her readiness for the event.

"I have too much in my heart. Nothing's going to take me off the trail unless I'm injured and someone pulls me off"

"She's a smart athlete, and she's going into this well prepared," says Cathy Gallagher, Gingras's trainer, who participated in the July 16-18 training run and plans to run parts of the trail with Gingras at the event in September.

"She's such a dedicated woman. I think she'll pull through against all odds. That's

what I like about her: she doesn't quit."

'Virginia vs. Bruce' is a charity event to raise awareness for mental health amongst youth. Gingras has given talks about positive mental health at schools across Ontario and Quebec for ten years, but 'Virginia vs. Bruce' is her largest scale event so far.

"It's really important to me that students have a voice," Gingras says, talking about her experience with mental health as a teacher.

Continued on page 27

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