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## Fund raiser for Brain Injury Association

By ANN KORNUA

Positive Steps A Thon will be taking place this April 17th at EC Drury High School at 8am. The Brain Association of Peel and Halton's event will help promote community resources for survivors of brain injuries, their families and to support the costs of programs for the Brain Injury Association. The participants will take a 10K course along Ontario Street and through the suburbs around EC Drury High School in Milton. There will be runs, and a walk that is not a race; some of the people taking part in the Steps A Thon are survivors/care givers and will be in wheelchairs. That will not rule out the promise of prizes for best times, a general draw for all participants and pledge incentives distributed during the event.

Organizer Tina Guilbeault is excited and getting out her sneakers for the 17th.

"This event is run for two reasons," Tina explained. "We are doing this to let the community know we are here and to raise funds for the programs and individuals who are survivors of head injuries." Part of the money will go towards the safety program that will motivate kids to wear their helmets when they are riding their bikes and show how drivers can reduce the risk of brain injury by using their seat belts properly in case of a collision. "We encourage children and adults to wear their helmets and want the adults to be positive role models and wear helmets when they are out," Tina said.

Besides just signing up for the event, people can come out to volunteer and cheer on the participants and teams for the morning. The event will host several races including the Luxottica 10K run, The Fitness Technique 5K run, the Will Barristers 5K Corporate Relay Challenge, a Student 5K Relay Challenge and the Creative Outdoor Advertising 2K walk.

"The more Milton gets out and supports the more it will carry the event for the next year," Tina said. "It always takes a ton of people to get an event like this going. There are local sponsors for this year's event such as The Fitness Technique, Creative Outdoor Advertising, and Luxottica to name a few. They have taken a big role to make this happen in the community."

Milton resident Ed Whitlock, currently the world record holder for 70 years and over in a marathon, will be the official run starter for the event.

It is all about community awareness. Tina said in closing. "There are still a lot of people who are not aware of just how brain injuries affect the social and economic system. It's a really big thing that people need to start understanding. We are not all wearing our seat belts. We need to be safe on our bikes and skateboards."

To learn more on the event or to volunteer, log onto the Brain Injury Association of Peel and Halton's website at [www.biaph.com/run](http://www.biaph.com/run).

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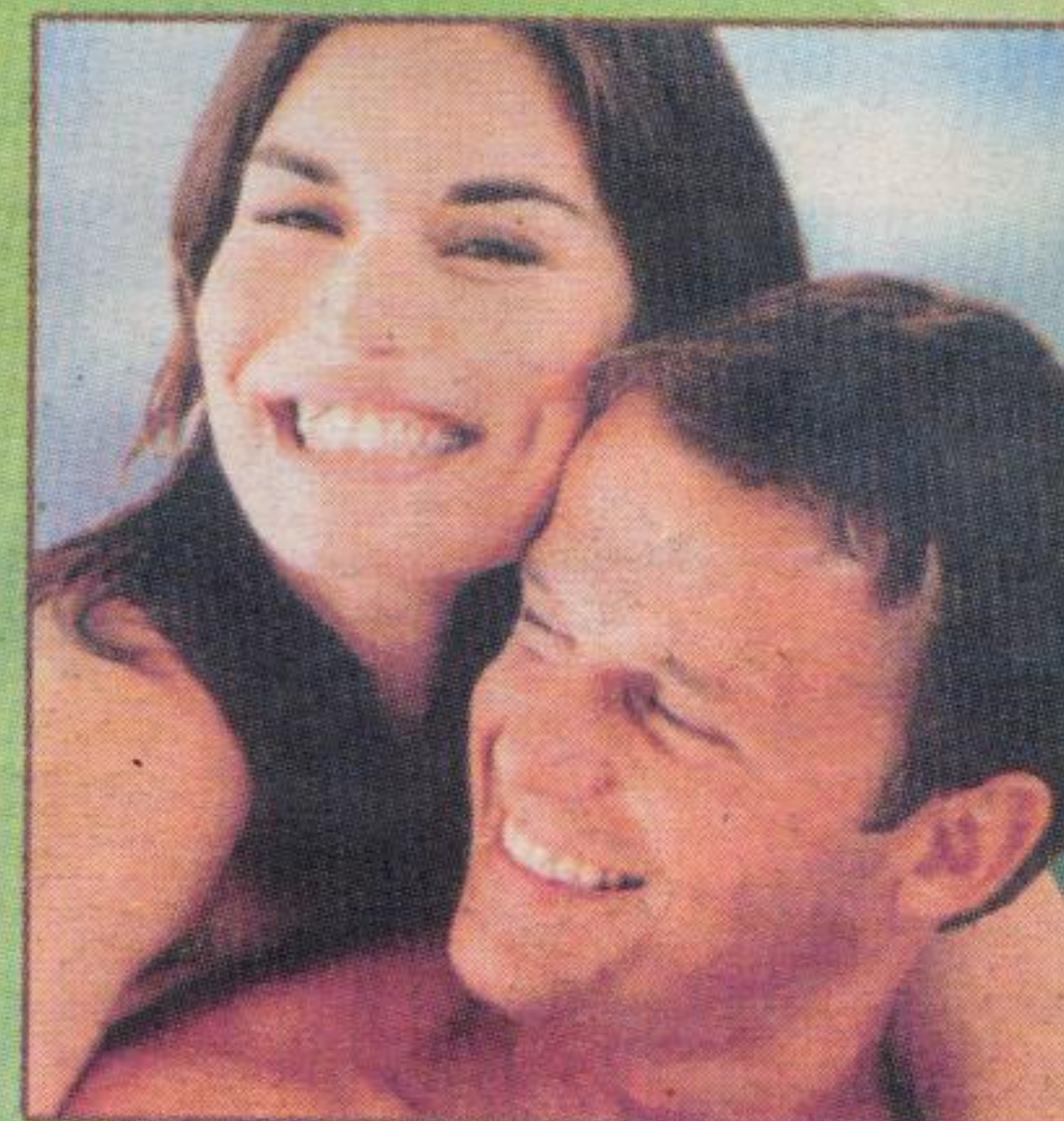
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