

# Premier shares her love for running during visit to Milton

By Steve LeBlanc  
CANADIAN CHAMPION STAFF

Premier Kathleen Wynne kicked her unofficial campaign tour into high gear — figuratively speaking — with a visit to Running Free Milton Sunday afternoon.

There she shared stories of her passion for running, and — along with business owner Jane Wood — took the opportunity to promote an active lifestyle.

"Everyone going for a run?" quipped Wynne, as she walked into a room of roughly 75 guests, mainly members of a running, cycling or triathlon group, including a four-year-old who enthusiastically told the premier about how she'd be entering her first triathlon later this year.

"I believe it's important for us to pass on a culture of preventative health and exercise. For those who are already out there running or being fit, keep it up, and just try to take that first step for those who aren't yet."

Joking about how an OPP escort makes it a lot easier to get in her early-morning runs in the

dark — which she does most days — Wynne said she enjoys being active as the "city is just waking up" and that it helps clear her mind for the day ahead.

Her visit included a donation to Running Free's Re-Use Shoe Program, which locally will benefit Halton Women's Place.

"What a great idea. It's great to share what we have," said the premier, who was also intrigued to learn about how Wood's business partner Nick Capra — of Running Free Markham — is currently in Haiti establishing the country's first 10-km run.

After getting in a morning run in Niagara-on-the-Lake Sunday, Wynne still had enough steam to take a quick spin on a stationary bike alongside teenaged members of Epique Cycling.

Wynne's visit — part of a four-day, 13-city tour the Liberals used as a trial run for an election that could come in May or June if their spring budget is defeated — came two days before celebrating her first anniversary as premier.

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Premier Kathleen Wynne chats with Austin Dickey of Epique Cycling as they ride stationary bikes during her weekend visit to Running Free Milton.

Eric Riehl / Canadian Champion (Follow on Twitter @halton\_photog)

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