

HEALTHY LIFESTYLES

Fun, run and walk - just for the health of it!

By **RENA GALANIS**
Advertising Features

The first annual Fun, Run and Walk takes place next weekend and promises to be a healthy outing for the whole family.

The event was launched seven years ago and was a corporate challenge organized by Club Markham.

To date Club Markham, together with 200 companies and 3,000 employees, have raised over \$100,000 for the Markham-Stouffville Hospital.

This is the first year in which the event, still hosted by the fitness centre, is open to the entire community with proceeds going to the hospital's Cardiac Care Fund.

"We hope to have about 750 participants and our goal is to raise \$30,000," says Diana Marlo, director of INJOY Training and Promotions and organizer of the event.

The fund provides necessary monies for the treatment and diagnosis of heart disease, says Jan Black, Markham-Stouffville Hospital Foundation's development assistant.

"It's a terrific opportunity for the community to get out, exercise, be with friends, and help raise funds for their local hospital," she says.

All ages are invited to participate in the five-km challenge and as the title suggests, run-

ning, jogging, strolling and sauntering to the finish line are all acceptable.

"We're just asking participants to make it to finish and get as many pledges as possible!" Marlo says with a laugh.

In addition, everyone who takes part in the run will be a winner, she promises. Primarily because their involvement contributes to a worthy cause and also because there is a wide range of prizes available for just about every category possible.

These include prizes for individual, corporation and school raising the most pledge dollars, first, second and third-place students, school teams and corporate teams across the finish line, the first youngest and oldest participants across the finish line and the first family across the finish line, amongst other categories!

A grand prize raffle (participants get a ticket with registration) is also a chance to win some wonderful gifts.

Some of the prizes include a set of golf clubs from Canadian Tire Corp., Blue Jay tickets, a \$500 gift certificate from Black & Decker, a Braun food processor and a Club Markham family summer membership.

Furthermore, the barbecue following the run at Club Markham is free for participants and their cheerleaders.

The Fun, Run and Walk takes place on Saturday, May 11. Check-in is between 8 a.m. and 10 a.m. at Club Markham and both the start and finish lines are at Unionville High School at Warden Avenue and Hwy 7.

For more information call Club Markham at 470-2400.

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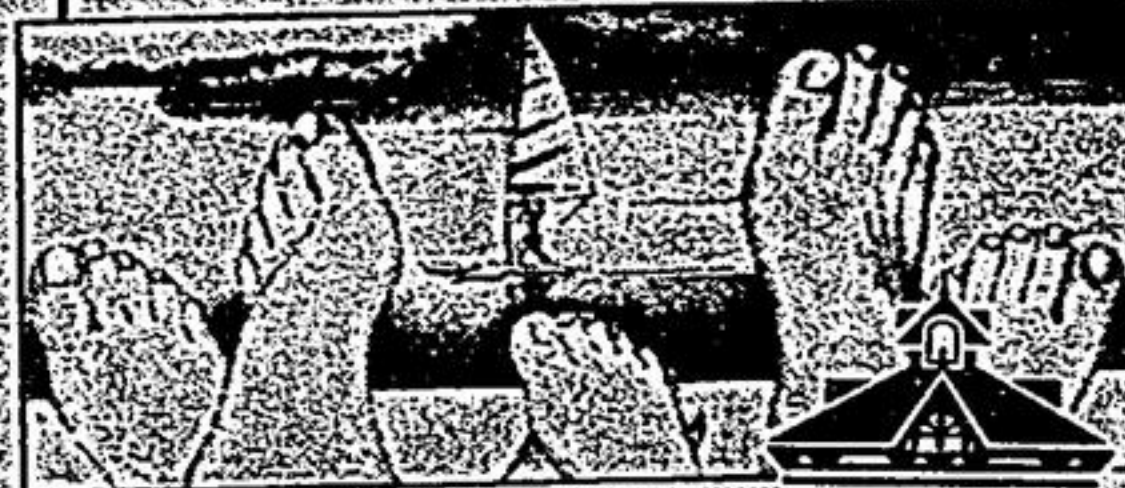
AGE	\$250,000	\$500,000	\$1,000,000	\$250,000	\$500,000	\$1,000,000
40	\$223	\$375	\$680	\$468	\$840	\$1,525
45	\$255	\$440	\$810	\$590	\$1,110	\$2,150
50	\$358	\$645	\$1,220	\$815	\$1,560	\$3,050
55	\$498	\$925	\$1,780	\$1,185	\$2,300	\$4,530
60	\$780	\$1,490	\$2,910	\$1,798	\$3,465	\$6,725
65	\$1,435	\$2,690	\$5,115	\$2,555	\$4,775	\$9,035
70	\$2,593	\$5,115	\$10,160	\$5,913	\$11,725	\$23,350

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