

Families encouraged to run route

It's time to dust off those running shoes so you can race down Main Street.

The inaugural Strawberry Festival Family Fun Run will take place July 1 at 9 a.m.

Runners will start at the Main Street train station and cross the finish line about one kilometre later on Park Drive.

Light refreshments are available after the race and prizes will be awarded to the first, second and third place finishers.

"Running can strengthen bones, increase metabolism, raise self-esteem and can slow

or reverse the signs of aging. If your family has ever wanted to participate in a run this is the time to do it," said Kate Fillingham, head of the sponsorship committee for the festival.

The event is free, however, pre-registration is required as there is a maximum of 200 participants.

Registration can be done at Snap Fitness, 5892 Main St., by June 30.

For more information, go to www.strawberryfestival.ca

BIKE TO WORK DAY MAY 30, 2011

Come ride with thousands of cyclists across the Greater Toronto and Hamilton Area

Take the Bike to Work Pledge and you could win a Bike Train weekend getaway to Northumberland County!

smartcommute.ca

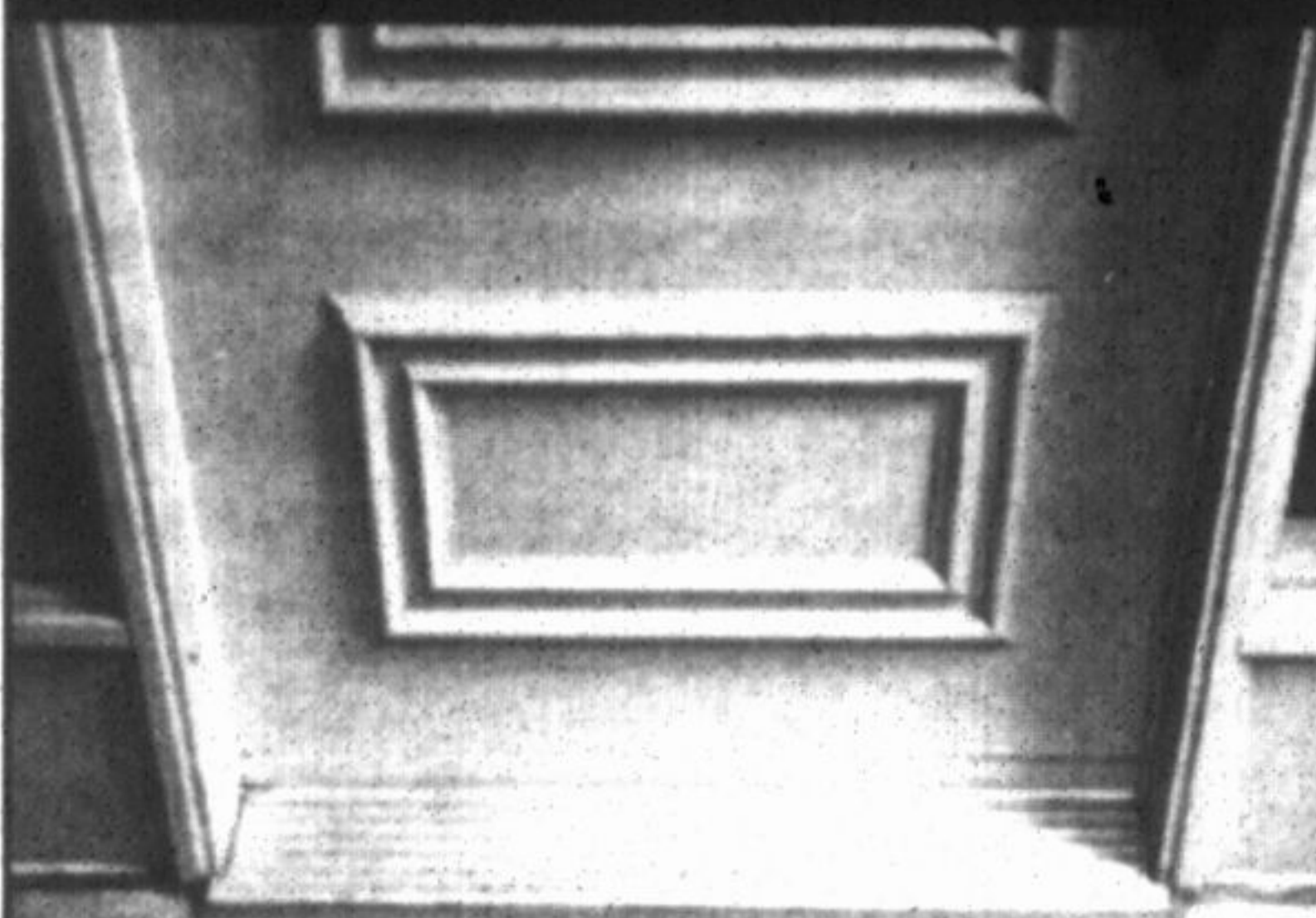
Pour plus de renseignements, veuillez visiter le site smartcommute.ca/fr



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SOMETIMES CANADIANS ARE JUST TOO POLITE FOR THEIR OWN GOOD



It's not rude to ask someone to leave if they intrude on your home. And door-to-door water heater sales is just that, an intrusion. Don't feel obliged to be polite... just say "go away" after all, your water heater is fine. Here's what you need to know

- Know who's at your door
- Don't sign without the facts
- Don't let just anyone in
- When in doubt call us first!



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GRAND OPENING

Old Building – Decommissioning Ceremony
of Current Building – 12:15 pm

Ceremonial Parade (Ninth Line to Mostar St.) – 12:30 pm

Grand Opening – 1:30 pm

The Royal Canadian Legion Branch 459 would like you to come out and join us to celebrate the opening of our new facility. The opening of the new Legion, is a rare event in Canada. Come march with us in support of our veterans and the troops overseas. We are always looking for new members and it will give you the opportunity to see our new large banquet facility for your upcoming wedding, dance, company event, etc. We apologize in advance for any minor traffic disruptions that will occur on this memorable day for the Town of Stouffville.

New Building / Location

ROYAL CANADIAN LEGION

BRANCH 459

150 Mostar Street • Stouffville

SATURDAY, MAY 28, 2011

