

# Organizer/dad hopes to put diabetes on the run

*Sugar Free 5K run/walk has already beaten goal*

Jack Minacs wanted to get the community involved in a healthy, active and fun event that also raised money for a cause close to his heart.

Which is why he created the Sugar Free 5K run/walk. All money raised goes to the Canadian Diabetes Association.

Minacs was hoping in its first year to raise \$5,000, but with almost 200 participants registered for the June 15 Stouffville event, he has now set his sights on a goal of \$10,000.

"Chances are somebody knows somebody who's affected," the 44-year-old Stouffville resident said.

There are more than nine million Canadians living with diabetes or prediabetes. More than 20 people are newly diagnosed every hour of every day, according to the Canadian Diabetes Association website.

Minacs' daughter, Sarah, was diagnosed with Type 1 diabetes three years ago.

*'Chances are somebody knows somebody who's affected.'*

Type 1 diabetes is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from their food, according to the association.

"She's good. She's healthy," he said.

With Type 2 diabetes, which is what the majority of diabetics suffer from, the pancreas does not produce enough insulin, or the body does not properly use the insulin it makes. As a result, glucose/sugar builds up in the blood instead of being used for energy.

Type 2 usually develops in adulthood, although increasing numbers of children in high-risk populations are being diagnosed, according to the association.

The chip-timed and marshaled race starts at the Clippers Sports Complex and winds its way through bike paths and trails before heading



STAFF PHOTO/STEVE SOMERVILLE

Organizer Jack Minacs and son Evan are revved up about Stouffville's new charity run, which leaves the Clippers Sports Complex June 15.

back to the arena.

Because of the course terrain, bikes and rollerblades are not allowed, however, strollers are.

Participants receive a T-shirt, great race kit items, as well as post-race cheer and massages. Prizes

will be awarded to the top male and female finishers, as well as the top fundraiser.

A number of items will also be up for grabs via a silent auction on race morning, including a six-month unlimited yoga pass,

a weekend yoga retreat, a signed plaque from the Maple Leafs and a wet/dry vacuum, among others.

Some of the entrants participating the inaugural event include Councillor Rob Hargrave, MP Paul Calandra and mayoral candidate

Justin Altmann.

People can register as an individual for \$33 or as a team/family for \$25 per person.

To register or donate, go to [www.stouffville5k.ca](http://www.stouffville5k.ca)

**Churchill Church Cemetery Decoration**

**Sunday, June 8**

**3:00 p.m.**

**Churchill Church**

**The BRICK.com**

**Truckload SALE**

**BUY MORE, SAVE MORE**

**LAUNDRY MARKED DOWN! PLUS FREE LOCAL DELIVERY**

**MAYTAG**

**1495.00**

**On Now at The Brick!**

For more details go instore or online @thebrick.com.

**Bouclair HOME**

**SHOP THE LOOK AT BOUCLAIR.COM**

**Esplendor collection**

**SHOP BOUCLAIR.COM**

see what's new in today's flyer

**FREE SHIPPING TO YOUR STORE**