



Corrie Buchanan, Tanya Murry, Amy Hoover prepare for their epic challenge in the 2013 ORTA Adventure Relay which takes place June 15.

Getting Set For An ORTA Relay raises funds to pr

By Ruth Patterson

Amy and her team are getting ready!
Amy Hoover, fitness director and certified personal trainer at Joint Venture Fitness & Physiotherapy has formed a team for the 7th annual Oak Ridges Trail Association (ORTA) Adventure Relay. On June 15, they plan to canoe, run, and cycle across 160 kilometres of trails stretching from Gore's Landing on Rice Lake in the east to Seneca College's King City campus in the west, to raise funds for ORTA.
She and her teammates recognize the importance of protecting the longest moraine in Canada. The Relay is a fund-raising event to maintain and preserve the Oak Ridges Moraine Trail, allowing future generations to enjoy hiking through natural forests, wetlands and meadows which shelter animals and birds.
Amy's team is also fundraising for canbedone.ca, an organization that her friends Corrie Buchanan and Tanya Rampley have co-founded to support families living with

cancer. According to their blog, members of the organization are "committed to setting the bar high, through epic challenges, sweat, hard work, determination, focus, smiles, cheers (and quite likely a few tears), while raising funds for cancer research and compassionate cancer care."
Amy recently had her second child, but despite being very busy both at home and at work, she believes everyone needs to make time for themselves. Last April, she began training in earnest and ran in the 10 km Uxbridge Run for the Diamond. In March, she completed Hamilton's Around the Bay 30 km Road Race and on May 5 she will take part in her first marathon.
Amy's canbedone Adventure Relay team is comprised of friendly who share her love of the outdoors. Some are avid cyclists and mountain bikers, some like running and walking and others love canoeing. The ORTA Adventure Relay was a natural choice for them.
According to Bob Comfort, course



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