

Epic Adventure

serve natural heritage

director, "The Oak Ridges Trail has the very underestimated natural physical challenges, but they're not insurmountable, and can be managed with some advance preparation and training."

"You don't need to be a bunch of hard core hikers to take part in an epic event like the Adventure Relay," said Amy. "Some of us are just women and men who like to walk, some are a bunch of regular moms and dads with families, doing things we are good at doing, and having fun!"

Amy believes that being busy is no excuse for inactivity, avoiding challenges and not having fun. In her role as fitness director, she encourages members to do a variety of exercise, and not just confine themselves to the gym. "The trails and forests are so accessible to everyone," she said. "We need to walk on them, and we also need to help raise the funds to serve them so they do not become eroded and over-run."

The Adventure Relay welcomes teams of all

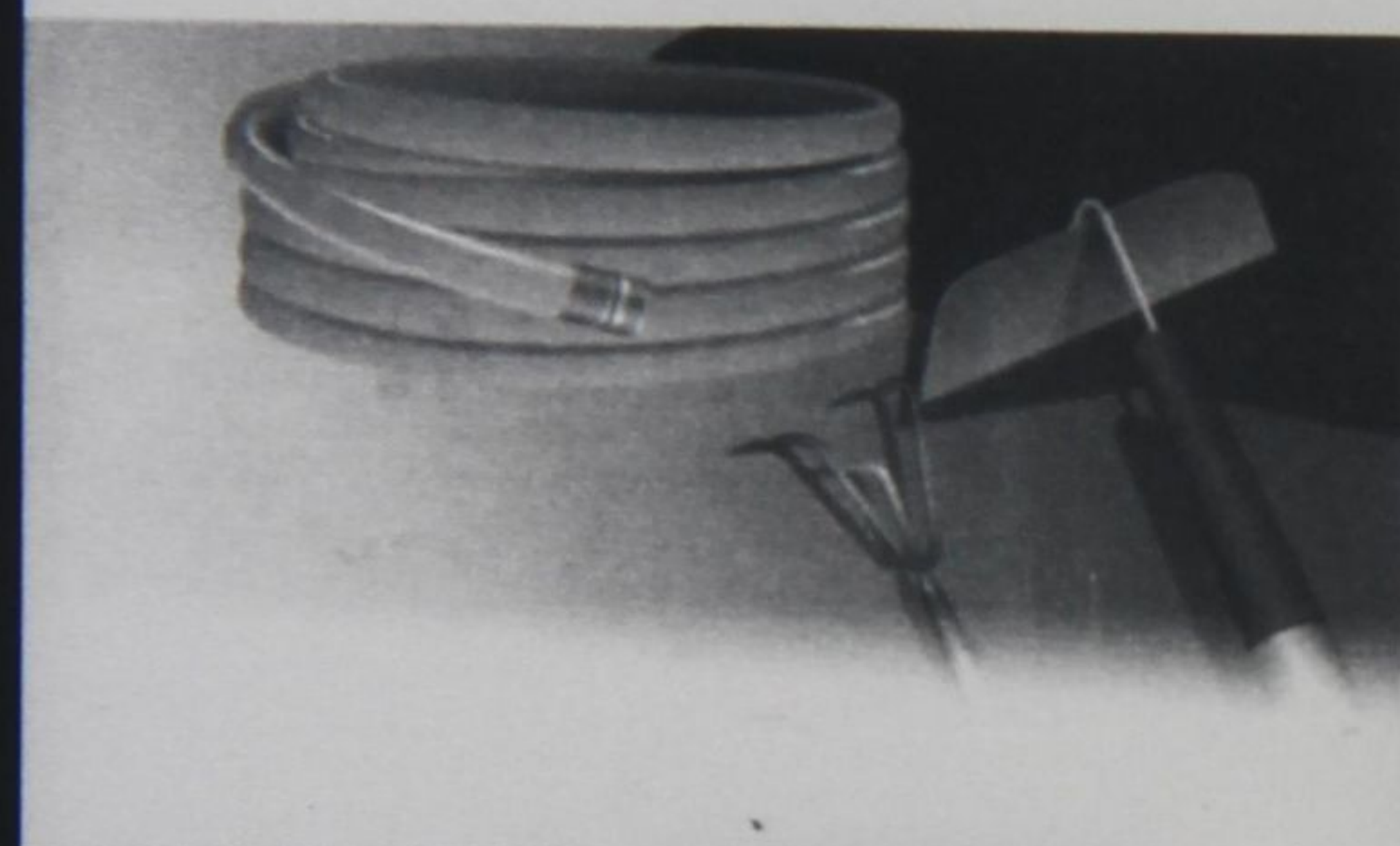
ages and levels, with safety as the first priority and fun the order of the day. Team categories are Recreational (less experienced athletes, friends and family), Corporate (sponsored by a company) and Elite (regular multi-sport or endurance athletes). Times will be recorded for each stage and the team with the lowest overall cumulative total is the winner.

Amy hopes to inspire other individuals or organizations to do something "super special, epic and meaningful." Anyone can enter a team in this year's Adventure Relay, to support ORTA and possibly their favourite charity or cause as well.

For more information visit www.oakridgestrail.org, email info@oakridgestrail.org or call 1-877-319-0285. To help Amy and her friends reach their goal of \$5,000 for cancer research visit canbedone.ca, call Stouffville Joint Venture Fitness at 905-642-7004 or email sjvfitness@rogers.com.



Amy with some of her 'Mom group friends' who will join her on the Adventure Relay.



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