

Gearing up for Run/Walk for Southlake

By Jeff Doner

The Nature's Emporium Run or Walk for Southlake is about begin once again with registered participants looking for that last push of pledges and donations.

The run will take place on Sunday, April 28, starting at the Aurora Community Centre and the Southlake Foundation is hoping to raise \$150,000 collectively from 1500 participants.

The Nature's Emporium Run or Walk for Southlake is one of Southlake Foundation's key fundraising events, raising much-needed funds to support the state-of-the-art facilities and leading programs at Southlake Regional Health Centre. The event offers something for everyone, with the option to walk or run 10K, 5K, 2.5K or, for the wee runners in the family, the Kids Mini Mile.

"The weather has been stunningly uncooperative so far this year, but with sunny skies ahead, we're confident that our community members will join us full-force on April 28th," said Neila Poscente, president of the Southlake Foundation. "This is a great opportunity for all of us to rally behind high-quality healthcare services in our community—the level of care that our neighbours, our friends and our family members so rightly deserve. It's time for all of us to strap on our running shoes and hit the pavement."

Aurora is going to be well represented at the event, with a few local teams coming together to participate in the race and raise donations.

Dr. Yin-Hui Siow (a doctor at Southlake) and wife Angela Trevivian have put together a team of their own for the event.

"My wife, who is a personal fitness trainer, has set up a team and she thought this would be a good way of getting some of her clients and some people that we know out to do this," said Dr. Siow. "It's a fun event and there's different things you can do, like the 2K walk and up to a 10K run, so there's varying difficulties of the event."

Dr. Siow and his wife have participated in the event before, but this is the first time they have put together a team, which will be about 12-15 people.

"It's supporting a good cause, because the proceeds go to the Southlake Foundation, which supports the hospital and I've seen a lot of good work being done at the hospital, so it's all for a good cause and it should be wonderful. Hopefully we'll have good weather as well and everything is full steam ahead."

Neighbourhood Network, a volunteer based organization founded by Belinda Stronach, is also assembling a team for the event, led by Tanya Moor.

"When I first heard the discussion of it happening, I thought it was a good opportunity for not only myself, but the people that also work for Neighbourhood Network to get involved, because we do a lot of things within the community and this just another good opportunity for us to support the hospital."

It will be the first time Neighbourhood Network submits a team for the event, but so far they're eight people strong and looking to raise \$1,000.

For more information on the event or to give a donation, visit www.runforsouthlake.ca