



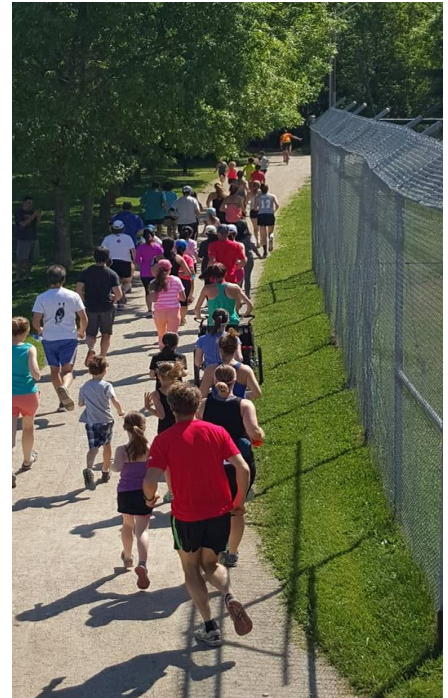
Media Release
Town of Collingwood
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Move Collingwood! It's time to get up, get out and get active

Collingwood, ON [12 May 2017] – Collingwood will get active in a whole new way at **Move Collingwood** day on June 3rd. It's Collingwood's new annual celebration of healthy, active living in combination with National Health & Fitness Day.

The Town of Collingwood's Parks, Recreation & Culture Department and Healthy Kids Community Challenge have been working with community partners such as the Georgian Triangle Running Club, the YMCA and other local sports organizations to organize Move Collingwood day.

The celebration will feature the Move Collingwood Run & Walk as well as The Showcase. It all starts at 9 a.m. at Central Park with an active, jam-packed day full of fun for all ages inside the Collingwood Curling Club, on the Trails and in the parks of Central Park.



The Move Collingwood Run & Walk features a 1 km, 2 km, 5 km and 10km fun run/walk starting at 9:00 a.m. with the refreshment stations along the Trails hosted by the Georgian Triangle Running Club. Participate as a team or on your own. Enroll the kids in the 1K or 2K events. Looking for something a bit longer, try the 5K or 10K. Kids under age 18 are free and Adult entries are only \$20.00. Register today for the Move Collingwood Walk & Run by visiting www.movecollingwood.ca/register.

The Showcase is a great way to find out more about local sports organizations and health professionals and make plans for a summer filled with fun activities. There will be showcase booths and demonstrations including Wheelchair Basketball, Yoga, Lawn Bowling and Tai Chi. Come on out and try a new activity free between 9:00 a.m. and 1:00 p.m. at the Collingwood Curling Club.

Bring your bicycle and celebrate Bike Month. Enjoy the Rails & Ramps Bike Zone perfect for kids to practice their riding skills and get extra tips from Ride Guides.

Jumpstart, Canadian Tire's charity dedicated to removing financial barriers so kids across Canada have the opportunity to get off the sidelines and get into the game, will also be a part of the Move Collingwood activity, bringing their annual fundraiser to the event. . The money raised by Jumpstart goes to local children to help fund activities and equipment. The goal for the day is to raise \$2,000, enough to provide \$100 in funding to 20 local youth.

"We are excited to see National Health & Fitness Day grow with the community, reflecting all that is healthy and active in Collingwood. Move Collingwood gives people of all ages an opportunity to try the great ways to run, jump and play every day, in our parks, on our trails and in our recreational facilities," said Mayor Cooper

Run, walk, move on June 3rd! For all the details visit www.movecollingwood.ca

About National Health & Fitness Day

On National Health & Fitness Day, municipalities and residents hold events to celebrate and promote the use of local health, recreational, sports and fitness facilities. The objective is to inspire Canadians to become fitter and more active which will result in reduced health care costs attributed to preventable disease related to inactivity.

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