

## **Fletcher's Meadows Cross Trainers "Run4hope Race" to benefit Sky's the Limit**

*Fletcher's Meadows Cross Trainers (FMCT) have been organizing this important community race since 2005.*

### **5th Annual Road Race - Sunday April 26th 2009**

The Fletcher's Meadow Cross Trainers (FMCT) is a non-profit multi-sport club for men and women of all ability levels. Since our start in June 2003, the goal of FMCT has been to introduce and support beginner and experienced athletes to the sports of triathlon and duathlon. We are a member of OAT (Ontario Association of Triathletes) and have affiliation status with the City of Brampton. Through various volunteer and charity oriented efforts, our members strive to be active members in the community where we live and play.

Each year our club, now 125+ members strong, organizes an annual spring running race entitled the Run4Hope. This year's Run4Hope Race, our 5th annual, will take place on Sunday April 26th, 2009 in Brampton and will consist both of a 5km running/walking race and a 10 km running race. We encourage all community members to come out and be active in these events. Last year's event attracted over 400 participants from the Brampton area. We are working hard at increasing that number this year!

Every year we donate a portion of our race proceeds to a local charity. Last year we donated to the Brampton Panthers, the local division of Special Olympics Ontario. Through sports training and competition, the Brampton Panthers have been meeting the needs and interests of people with a developmental disability in the Brampton community for over twenty years. This year, we have chosen a new charity called Sky's the Limit. Sky's the Limit provides underprivileged children with refurbished computers so that students have the tools and resources they need to pursue their dreams. For information about this year's charity, please visit: [www.STLonline.org](http://www.STLonline.org)

#### **2009 Run4Hope in Support of:**

Sky's the Limit Youth Organization is dedicated to addressing the widening digital divide in Canada by providing students with access to the tools and resources they need to pursue the infinite opportunities and possibilities available to them.

This unique initiative was pursued to benefit students in under-resourced communities by providing them with refurbished computers in their homes. Sky's the Limit ensures that a mentoring program is in place to get the students up and running and provides environmental benefits by ensuring that computer systems are reused and recycled.

#### **Run4Hope Race Routes**

The entire course will be marshalled with police and assisted by trained volunteers to help protect runners from traffic. We use ChipTime Results to ensure accurate and official race timing. You can check out previous years' results on this web site.

The race starts in front of the Fletcher's Meadow Secondary School. If you happen to have a burst of energy at the last 250m, SPRINT to the FINISH!!!!

#### **5Km Race**

The 10km route is flat and fast, consisting of three out-and-back sections where you will be able to gauge the progress of your competition. The race starts in front of the Fletcher's Meadow Secondary School, heads north out of the parking lot and then west along Buick Blvd for just over 1km. You will then make a right turn onto Creditview, running north to Wanless. Head east on Wanless until the first turn-around at Chinguacousy Road and return to Creditview where you will make a right turn heading north. The second turnaround is at Mayfield Road. The course then takes you south to the turn to just north of Sandalwood Pkwy where you find the third turn-around. You will then retrace your steps back to Buick Blvd where you will turn right and it's a fast 1km

sprint finish line. Two water stations, providing Gatorade and water, will be strategically located around the 4km and 7km marks.

### **10Km Race**

The 5km route is similarly flat and fast, consisting of a single out-and-back. Like the 10km race, the 5km race starts in front of the Fletcher's Meadow Secondary School, heads north out of the parking lot and then west along Buick Blvd for just over 1km. You then make a right turn onto Creditview, running north for just under 1 1/2 km to the turn-around. You will then retrace your steps back to Buick Blvd where you will turn left and sprint the final 1km to the finish line. One water station, providing Gatorade and water, will be located around the 4km.

Visit [www.run4hope.com](http://www.run4hope.com) for more information and online registration.