

Running Club Report

Camrose Ski Club AGM 2019

The Camrose Running Club continued on encouraging runners of all ages and levels in 2019.

The highlight of the Running Club year is Ole's Spring Run-Off. Last year's event was held on May 12, 2018. The event was again held starting and ending at the Stoney Creek Centre instead of the old location at Jubilee Park.

As usual we featured an 8 km, a 3 km, and a fun kids 1 km event. The 8 km event featured 47 runners; the 3 km had 56 runners and we had about 45 kids register for the 1 km event for a total of 148 participants. We had a beautiful day this year after getting rained on in 2017.

We made our usual \$500 donation plus \$50 extra that was donated through a registration to the Camrose Public Library to be used for fitness promotion. The library purchased an assortment of running/fitness related movies with our 2018 donation for anyone interested to borrow. Expenses were back to normal after we spent more in 2017 on shirts and other items to celebrate Canada 150.

We have again begun spring runs after winter finally has ended. Anyone interested is welcome to join in on Tuesday evenings at 5:30 at the track behind the Camrose Composite High School. Also small group runs go sporadically on Saturday mornings at 8 from the Stoney Creek Centre. Runners of all levels are more than welcome to join. If anyone is interested in information regarding an upcoming Beer mile feel free to contact brendanlunty@hotmail.com

Our goal continues to be to encourage people to be active and achieve fitness or race time goals and to discover and enjoy all the benefits that running and our beautiful Camrose trail system have to offer.