



42 kms isn't just an adult distance!

The upcoming “Astra-Zeneca Legs for Literacy Running Event Weekend” to be held October 24-25 will be a time for celebration. Physical activity and literacy will unite forces to raise funds to support various literacy needs for Greater Moncton communities. Last year over \$40,000 was raised.

Staff and physicians from the Moncton zone are actively involved volunteering or lacing up to participate in the 5K, 10K, half marathon or full marathon events which has up to 1,300 participants.

The weekend kicks off with the “Go for 42” event which sees children from kindergarten to grade eight complete a full marathon. “This will be the third year for the “Go for 42” event and we are extremely proud of this initiative,” says Dr. Jeanne

McNeill. The program is offered free of charge to encourage healthy lifestyles.

“Children are our future and it is critical that we promote a healthy active lifestyle as childhood inactivity is a major health concern linked to obesity and a variety of diseases such as type-2 diabetes and heart disease.” Studies have shown that regular activity can reverse these negative effects.

Beginning in early September students from kindergarten to grade eight in school districts one and two will be provided with activity tracking logs. “The students make physical activity part of their daily routines by walking or running 1 km with family members, friends, and classmates over a seven week period.” She says kids love to be

active and walking or running is a natural activity that most everyone can be successful at especially when they are spending quality time with their family.

On the day of the event, they complete their final 2 km of the 42 km marathon. “Each participant will receive a finisher’s medal recognizing their tremendous achievement in completing their first full marathon of 42 kms!”

Now, there’s a cause worth running for!

For more information about participating or volunteering in the Legs for Literacy event visit www.legsforliteracy.com.