

Media Release
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Run with a difference attracting record participation

Organizers of the 11th Annual Commit to Get Fit Run say they are expecting a record number of runners, walkers and families with over 550 already registered in advance of the event on Sunday.

Wellness Institute at Seven Oaks General Hospital has been organizing the accessible run since 2003 as a way of motivating the community to take charge of their health and prevent illness. 550 is already a record and typically another 100 participants sign up on the day of the event.

Wellness Institute Director of Community Services Karin Whalen says that while many walks and runs are organized to raise money to cure disease, the emphasis on the Commit to Get Fit Run has always been to attract more people to see running and other exercise as the path to preventing illness or to recover after an illness.

“Let’s face it much of the chronic disease that is afflicting our society –type 2 diabetes, heart and stroke, kidney, lung disease and even cancer are related to inactive unhealthy lifestyles,” said Whalen. “Yes there are genetic and other factors but even those can be mitigated with an active lifestyle, diet and other healthy lifestyle behaviours.”

The Commit to Get Fit Run looks different from most runs too. In previous years, several 3 and even one 4-generation family have participated with grandparents, parents and kids all participating. The run also attracts wheelchair and Para-participants, moms pushing strollers, several runners over 80 and youth all running alongside competitive and recreational runners. It’s also quite diverse ethnically reflecting the character of the Seven Oaks neighbourhood.

“We’ve been attracting more kids and youth in the last few years and judging by the number of small size of t-shirts we gave away to early bird registrants we’ll have a lot more this year,” said Whalen. She attributes the expected increase to the run’s inclusion in the MRA’s Youth Series.



“Broad participation, especially by youth and families is important because we are seeing soaring rates of childhood obesity, adult obesity and type 2 diabetes. We need to encourage healthy lifestyles in schools and in the community and we need to set an example as parents and grandparents,” Whalen said.

The runners will be formally welcomed by Winnipeg Olympian rower Janine Stephens representing Manitoba Liquor and Lotteries which is the title sponsor. Stephens won a silver medal in the women’s eights in London in 2012, as well as two previous silver medals from the World Championships. She recently had twin daughters and has retired from competitive rowing.

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Event Day details for reporters:

- Registration opens at 7:30 am Sunday June 1 at 1075 Leila, with a crowd stretch and warm up at 8:45 and a start time of 9 a.m. sharp.
- Media are requested to check in at the Registration table on Race Day for a brief orientation.
- Excellent photo opportunities of the pre-race and the race itself will be available from approximately 8:30 to 10 a.m. A collage of photos from recent events is attached.
- The 5 kilometer course starts in front of Seven Oaks General Hospital proceeds west on Leila to Pipeline and loops through the Amber Trails neighbourhood and back to the hospital. 10 k participants do the loop twice.

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