

Runners Hit Highway to Aid Military Families

40 participants heading along Hwy. 17 to Petawawa

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By AEDAN HELMER, Sun Media

The inaugural Run for Military Families set off from Parliament Hill this morning, bound for CFB Petawawa. Approximately 40 runners are taking part in the trek, to raise funds and awareness for the Petawawa Family Resource Centre, a non-profit agency on the base designed to support the families of those serving overseas. The ranks were bolstered by approximately 20 commissionaires, who joined 20 Petawawa military personnel for the run. Ottawa Mayor Larry O'Brien even laced up his sneakers for the first leg of the jog, and Environment Minister John Baird was on hand to show his support.

The runners plan to make stops at (all times are approximate):

- Noon at St. Isidore Catholic School in Kanata, 1105 March Rd.
- 1:30-2 p.m. Arnprior Municipal Office, 105 Elgin St.
- 2:30-3 p.m. Renfrew Town Hall, 127 Raglan St.
- approx. 4 p.m. Braeside Post Office, 834A River Rd.
- 8:45 a.m. Saturday, Township of Whitewater, Beachburg Rd./Lapasse Rd.
- 11:30 a.m. Saturday, Pembroke Riverside Park
- 1 p.m. Saturday Petawawa Royal Canadian Legion, 3583 Petawawa Blvd.
- 2 p.m. Saturday, CFB Petawawa, Dundonald Hall

"The Run for Military Families is a way to support all the loved ones at Petawawa and throughout the Ottawa area who are left to wait for soldiers' safe return," said Paul Guindon, CEO of Commissionaires Ottawa and a retired naval captain.

The runners will follow a route along old Hwy. 17, arriving in Petawawa on Saturday. The plan is to arrive at the base between 2-3 p.m., where they will be greeted by military and other dignitaries.

Along the way, runners will meet school groups and other supporters in an effort to raise awareness for their cause. Members of the public can make donations along the route, or by calling Commissionaires Ottawa at (613) 231-6462 ext. 615, or 1-877-322-6777 ext. 615.