



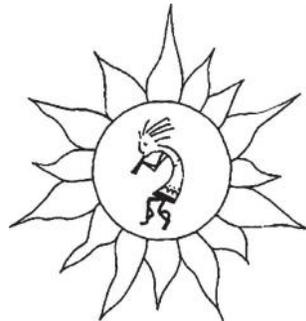
Building A Better Quality of Life Together



Headwaters Communities in Action

Summer Solstice Trail Run and Walk June 21st, 2008 -- Mono Cliffs Park

Dear Patrick,



Headwaters Communities In Action

(HCIA) is promoting the **Summer Solstice Trail Run** on June 21, 2008. This is the eighth season for the Summer Solstice Trail Run. The run, held locally at Mono Cliffs Provincial Park, is meant to encourage individuals to make the commitment to a more active lifestyle and to celebrate victory with every competitor who is at the start line.

There are many common links between HCIA and Summer Solstice Trail Run. Both groups:

- Support and encourage healthy lifestyles
- Believe in nurturing a shared sense of community
- Know that trails enhance quality of life. HCIA is working to create a network of connected trails for the Headwaters region. Summer Solstice is an event to use and celebrate the trails of our beautiful region
- Desire higher usage of the trails of the Headwaters

The **Summer Solstice Trail Run** features a 5km and 10km run and this year is offering a 3km walk with a goal to improve the health of our region by encouraging all residents -- and their families - to get 30

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minutes of daily physical activity. The event is held a 7:00 pm to celebrate the longest day of the year. The Summer Solstice is a volunteer group and proceeds from the run are donated back to local trails organizations.

Come out and join us!

Please click here to download a copy of the registration form

[Summer Solstice brochure link](#)

Or, if you'd like to volunteer on race day, please contact Kim Gillies at:
villagechiro@bellnet.ca.

"We want to share our love of running - and in particular, trail running - with our community. After all, running has given us so much - wonderful friendship, the strong sense of accomplishment that comes with completing training goals and the spark for adventure that only narrow footpaths and forest of fantastic trees can bring - and we wanted to give something back. We could think of no better way than to invite others to run with us on the winding trails of the beautiful Mono Cliffs Park to mark the beginning of summer." **Kim and Karen Gillies Race Directors**

Keep in Touch

Headwaters Communities in Action is led by a vibrant Steering Committee, and supported by many active volunteers from our community.

If you are interested in becoming a volunteer or finding out more [connect with us](#).

Headwaters Communities in Action
www.headwaterscommunities.ca
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