



Canadian Progress Club  
St. John's 2006  
Been away too long

## 5km Fun Run

---

As you are all aware, we are only 6 weeks away from the National Conference in Newfoundland and the boys of St. John's have some great events planned to ensure that you have just as good of a time that you had in '93 and '99. For those of you that were at the AGM in Saskatoon last year, may have heard me speak about a fun run that our club was going to put off with all money raised going to the CPCF. This run has now been finalized and it is all systems go.

Now I know that some of you may be thinking 'Run 5k? After drinking all night? Yeah right!!' Well you will be happy to know that Karen Graham has designed a training program for people to follow. This is not a mandatory run, but we are looking to have representation of at least a few members from each club. This run is not about the fastest time, but rather about how much money we can raise for CPCF and there will be various awards presented and big award goes to the club that can raise the most money.

This event will take place around in a very picturesque lake in St. John's called Quidi Vidi (pronounced kiddy viddy). Even if you have to slow down and stroll for a few minutes (or collapse), you will have the opportunity to take in some beautiful sights. We are also looking to have Special Olympics Newfoundland and Labrador involved in the event, so you will have a chance to meet some of our local athletes. We are hoping that many of you choose to take part in what we hope will become an annual event at future conventions.

Clubs can raise funds anyway they like and in the coming days we will be sending along a pledge sheet that members can use.

Please let all of your members know about this event and If you have any questions you can contact Andrew Bruce @ [Andrew.Bruce@rci.rogers.com](mailto:Andrew.Bruce@rci.rogers.com).

Yours in Progress,

Peter Furlong