

# HIT THE TRAIL WITH THE JAFFARI SPORTS AND RECREATION BOARD!

## STRIDES FOR STROKES: A 5K RUN/WALK TO SUPPORT MACKENZIE HEALTH

### WHAT'S THIS ABOUT?

Under the auspices of the Jaffari Community Center (JCC), the Jaffari Sports and Recreation Board (JSRB) has registered as a Group Partner for the Strides for Stroke event, a 5K Run/Walk in support of Mackenzie Health.

### WHEN IS IT HAPPENING?

The event is scheduled to take place on Saturday, May 7<sup>th</sup> at 8:00 am.

### WHY SHOULD I PARTICIPATE?

Mackenzie Health is a bed rock of support for JCC members who live in the neighbourhoods served by the hospital. In one way or another, many of us and our families have greatly benefited by the stellar medical services provided by the hospital. Now, we have an opportunity support and give back to the hospital and the community who have been so generous to us. By participating in the Strides for Stroke 5K Run/Walk you will be lending your support to a noble community cause, help with the hospital's fundraising campaign and most importantly, you will have fun and feel healthy doing so! By registering as a family, you will model for your children a healthy lifestyle and giving back to your community!

### HOW CAN I JOIN?

You and your friends and family can join this great cause by joining as a participant, or sponsoring a participant under the group "Jaffari Community Centre"

#### To sponsor a participant:

Simply click [here](#) and under team name enter "Jaffari Community Centre"  
Select the participant you wish to sponsor and follow the instructions

#### To become a participant:

Simply click [here](#) and under team name enter "Jaffari Community Centre"  
Follow the instructions to join the team

#### Important information for participants:

- Visit the [Mackenzie Health Strides for Stroke](#) website for details on how the funds will be used, and other relevant information about the 5K Walk/Run.
- Participants will be responsible for their own registration fees – [sign up now](#) (by April 8) to take advantage of the early bird discount!

#### Event Day Time Line:

7:00 a.m. - Race Vendor Fair Opens, Registration and Race Kit Pick Up

7:30 a.m. - Opening Ceremonies

8:00 a.m. - 5K Start

8:10 a.m. - 1K Start

9:00 a.m. - After Race Party: prizes, medals, pancake breakfast, massages, refreshments, snacks and more!

#### All 5K participants will receive:

- T-shirt
- Chipped Race Bib
- Free downloadable race photos
- Race kit full of freebies
- Finisher medal
- Post-Race Party and Food

#### WHAT SHOULD I DO NEXT?

[Sign up!](#) Tell your family and friends about Strides for Strokes and get ready to give back to the community! Remember: when you do good, you feel good! For more information please contact any member of the JSRB at [info@jsrb.org](mailto:info@jsrb.org) or Mohamed Bakar Somani at [somanimb@jsrb.org](mailto:somanimb@jsrb.org). We look forward to seeing you at the starting line!