



COLD TEMPERATURES DON'T WARD OFF RUNNERS AND SPECTATORS AT 4TH Annual 5KSM Run For Hope

ELEVEN YEAR OLD, KIRSTEN VERGARA, BREAKS FEMALE RECORD

(Updated October 16) – Oakville, ON

Temperatures were rather brisk Thanksgiving Monday morning, and still approximately 800 people filled Heritage Square, Kerr Street for the 4th Annual 5KSM Run For Hope, raising awareness and funds for Kerr Street Ministries' children's and youth programs. Numbers matched close to the previous year with 508 5k runners and walkers registered. 125 children participated in the Officer Ellie's 1k. 115 volunteers made it all happen.

The event raised \$34,000, bringing the total raised over the last four years to \$116,000.

First overall male, Sean Sweeney, sailed through the ribbon in 15:45 minutes, with Daniel Mburu Njenga just 15 seconds behind at 16:00. Kevin Smith followed shortly behind in third place in a time of 16:14. John Cusato just broke last year's Male Master (40 and over) category record by three seconds, with a time of 17:16.

One of the highlights of the event was seeing eleven year old, Kirsten Vergara, sailing effortlessly through the finishing line at 18:21, breaking last year's overall female record by 21 seconds. Ruth Weaver came in second place at 20:16, with third place finisher, Colleen Coxson, six seconds behind her at 20:22. Carla Arnold shaved 18 seconds of last year's Female Master, finishing in a record 21:49.

In the 5k Power Walk event, Hans Dinger matched his 2008 time exactly, placing first in 28:10, followed by second placed, John Sweeney, in 36:56 and Yogi Naik, third place, in 40:22. Overall female was won by Jane Moore in 34:59, with Mona Tsoi Tam, second place in 35:18 and Sheila Farah, third place in 35:19.

Another highlight of the event was the Corporate/Team Challenge and the exciting competition between the Toronto Christian Runners and Oakville's L.O.S.T. Runners. Both teams were significantly faster than their respective 2008 results. Toronto Christian Runners, helped by 2008 Toronto Marathon winner, Daniel Mburu Njenga, finished in first place with an average time of 18:17 and overall time of 1:31:23 (accumulated time of fastest five runners). Oakville L.O.S.T. Runners were very close behind in second place with an average of 18:24 seconds and an overall time of 1:31:57. The High Ps came in third place with an average time of 23:50 and an overall time of 1:59:07.

Canada Get Fit Walkers, the "Soul Mates", once again bedecked with creative headdresses, shaved off almost two minutes off their time last year, with an average time of 33:50 and an overall time of 2:49:08.

Winners of the Officer Ellie's 1K run/walk were 12-year old, Alex Dos Santos, in first place, followed closely by nine-year old Wren Walker in second place, and nine-year old Jacob Gouthro in third place.

Results are posted on the race's website: www.5ksmrunforhope.com.

Mayor Robert Burton officially opened the event, with Benjamin Ward, Executive Director of Kerr Street Ministries, speaking on behalf of the organization. Derek Rennie, Managing Director of Title Sponsor, MacDougall, MacDougall & MacTier, spoke encouraging words about the Company's commitment to the race and the extremely worthwhile cause it represents. The very lively Celtic band, "Fiddlestix" once again entertained the crowd throughout the morning, assisted by the "effervescent duo" Emcees, Scott Dempster and Tim Miller, who also played with Fiddlestix.

The Race Committee would like to express its gratitude to the Police, the Town of Oakville and the 115 volunteers who weathered the cold and made this event not only successful and safe, but also an event that created greater awareness of Kerr Street Ministries and the valuable services it provides to the Kerr Street Community.