



## 2016 – Tri-Unity Challenge

The annual Tri-Unity Challenge was held Saturday, August 13<sup>th</sup> at beautiful Pasquia Park. We were blessed with a nice, sunny day and 100 participants. Committee member and Fitness Instructor, Carla Chicoine led a fun warm up that got everyone moving and ready, even human size Big Bert could be seen trying to keep up. Our event timer, Mark Boyd from Results Canada had his mats laid out

and our DJ, Nigel Maxwell played lively, catchy music. It was fun watching the Warner family Vs the Trew family cheer in a friendly rivalry. Both families recruited runners/walkers young and old to participate this year. Nigel had fun introducing them in “Family Feud” style.

This run demonstrates the goal of Tri-unity which is to motivate people of all ages and fitness levels to be physically active. Many kilometres of walking, running and other exercise went into being able to complete the distance each person chose. There were many personal victories. We congratulate and thank each and every one of you.

Certificates and a carnation were presented to the top 3 finishers in each event.

<b>Youth</b>	<b>Time</b>
1. Ty Annand	17:57
2. Catherine Trew	18:19
3. Lane Annand	20:46

### **3 K. events**

#### Adult

1. Rhett Stevenson	17:19
2. Cameron McCrae	25:56
3. Donna Lee Flowerday	26:48

### **5K. events**

#### Men

1. Harvey Weber	21:15
2. Neil Playford	24:21
3. Dylan Jones	24:35

#### Women

1. Sydney Enns	24:45
2. Madison Burrell	27:29
3. Shelley Meyer	30:15

### **8 K. events –to mark our 8<sup>th</sup> year**

#### Men

1. Nelson Peters	34:08
2. _____	_____
3. _____	_____

#### Women

1. Ashley VanMeter	43:28
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- |                       |       |
|-----------------------|-------|
| 2. Chrissy Schlechter | 48:03 |
| 3. Fredel Trew        | 49:46 |

**18 K. events –to mark our 8<sup>th</sup> year.**

Men

- |                 |         |
|-----------------|---------|
| 1. Wade Annand  | 1:29:36 |
| 2. Myles Peters | 1:32:03 |
| 3. _____        | _____   |

Women

- |                  |         |
|------------------|---------|
| 1. Hailie McLean | 1:30:08 |
| 2. Karen Hedin   | 1:37:54 |
| 3. Bridget Cain  | 1:42:44 |

The Tri-Unity planning committee puts any raised funds from this event back into the communities of Arborfield, Carrot River and Zenon Park in the form of fitness infrastructure (walking trails, playground and fitness equipment etc.). The committee also focuses on increasing awareness of healthy living and motivating people to live active lives! Thanks so much to our sponsors who made this run possible. Thanks to our volunteers who gave so freely of their time. Plan to attend next year's event on Saturday August 12, 2017.