



MEDIA RELEASE

The Corporation of the City of Oshawa

For Immediate Release

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THE CITY OF OSHAWA LAUNCHES *SUMMERACTIVE* PROGRAM WITH A RACE ACROSS CANADA

Win a brand new mountain bike, just by exercising

OSHAWA – The City of Oshawa, in partnership with Durham Lives, encourages all residents to get active this June, through the recently announced Race Across Canada. The Race Across Canada is Oshawa's participation in *SummerActive*, an initiative led by the Government of Canada in collaboration with the Provincial and Territorial Governments to help Canadians improve their health while having fun enjoying the best of Canada's summer.

The Race Across Canada contest is open to all residents of Oshawa, and encourages participants to track their physical activity mileage on a map of Canada. The total mileage to complete is 42 kilometers, set up in easily achievable 3 kilometer intervals. Any physical activity that lasts at least 30 minutes is eligible to complete each 3 kilometer interval: walking, running, swimming, biking, rollerblading, etc. The contest runs from June 1 to June 30.

"Ride your bike, run, jog, walk, or swim; get active with your fellow Canadians and have fun", encourages Councillor Joe Kolodzie.

All participants who completed the race are entered into a draw to win a Grand Prize of a mountain bike, valued at approximately \$350.

Participants can pick up a map of Canada tracking sheet, which also serves as the contest ballot at any City of Oshawa Fitness Centre (Civic Auditorium Complex, Legends Centre, and South Oshawa Community Centre) or online at www.oshawa.ca/recreation

Tracking sheets must be verified by a staff member at one of the City of Oshawa Fitness Centres after each interval is complete.

For more information or to download a map of Canada tracking sheet, contact one of the City of Oshawa Fitness Centres or visit www.oshawa.ca/recreation.

SummerActive is a popular annual event, initiated by the Government of Canada and supported by provincial, territorial and municipal government, designed to encourage Canadians to adopt healthier lifestyles, including physical and sport activities, healthy eating and living tobacco-free.

Additional *SummerActive* events can be found online at www.summeractive.ca. The *SummerActive* website also features unique approaches to being healthy in the summer, and information about the benefits of regular physical activity, the risks of sedentary living and how healthy eating, avoiding tobacco and participating in sports can help improve residents' health.

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Contacts:

Councillor Joe Kolodzie
Chair, Community Services Committee
City of Oshawa
905-436-5612
jkolodzie@oshawa.ca

Stan Bertoia
Commissioner, Community Services
City of Oshawa
905-436-5636 ext. 2820
sbertoia@oshawa.ca

Mary Creighton
Director, Recreation & Culture Services
City of Oshawa
905-436-5636 ext. 5643
mcreighton@oshawa.ca