



## **About the Merrickville Heritage Classic**

For the second time since the COVID-19 Pandemic struck across the world, the Merrickville Heritage Classic will be held using a virtual format.

Race Director, Lori Reynolds, announced that Run Merrickville has once again turned to a virtual format for 2022. She said the organizing committee was hopeful that they could incorporate an in-person segment for the event this year, but because of the continuing issues caused by the COVID-19 pandemic they decided the only safe way to proceed is with a completely virtual run.

The run will be held between May 14<sup>th</sup> and 28<sup>th</sup> giving runners and walkers an opportunity to complete the activity at their leisure. Registration is now open through Race Roster and results must be posted on Race Roster by midnight May 28<sup>th</sup>.

The Merrickville Heritage Classic is now in its 7<sup>th</sup> year. The idea for the run began in 2015 when a group of running enthusiasts got together to plan an event for the Village of Merrickville. As a result of their dedication the first run was held in April, 2016. Committee members hoped to make the run an annual event and with the huge support from the community, it has succeeded.

There are four distances, 2K, 5K, 10K and ½ Marathon to challenge runners. The events provide options to participants and can be enjoyed by all, from those who wish to walk and the more serious runners.

Although not used in the virtual run, Chip Timing has always been provided by Running Goat Timing.

The goal of Run Merrickville is to encourage people to get outside and get active through recreational running or walking. It's all about promoting a healthy lifestyle through a fun, safe activity.

The organizing committee follows this mandate through the annual Merrickville Heritage Classic event and also by financially supporting community groups that promote healthy lifestyle choices through activity.

Money, surplus to the operational needs of the run, is donated back to the community.

Community donations have been made:

- In support of the new play structure at Merrickville Public School
- To the Trails Society in Support of the Story Book Trail project
- To support the Merrickville Fire Department
- To the Seaway Surge in support of baseball opportunities for area youth
- To the Merrickville Soccer Club
- To the Merrickville Food Cupboard

The run enjoys a wide local, provincial and national support base!