



## **ABOUT THE MERRICKVILLE HERITAGE CLASSIC**

The mission of the Merrickville Heritage Classic is to encourage people to get outside and get active through recreational running or walking. We advocate and promote a healthy lifestyle through a fun and safe activity.

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. The volunteer Organizing 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 a Virtual Half Marathon to challenge runners. The events provide options to participants and can be enjoyed by all, from the casual walker to the serious runner. The run enjoys a wide local, provincial and national support base. All are welcome from the youngest participant in a stroller to the young at heart nearing 80. Once operational expenses are accounted for any surplus is donated to a local community group that promotes healthy lifestyle choices through activity.

It takes a community to thrive and we are so grateful to all our sponsors, community partners and volunteers.