

CCRR HILL CLIMB 2021
The Covid Edition

Please email info@ccrr.ca if you will be participating.

All things being equal I am planning to hold this event at Odell Park on Wednesday, June 23, 2021 as part of our regular Fun Run. Start time is 5:45pm where we will gather near Odell Park Lodge

There is no official cost, but feel free to bring a Loonie or a Toonie for the Food Bank. There will be a box to put your donation in that will sit for 24 hours or more before the Food Bank receives it. Your name and phone number will be printed on a sheet provided by me or any helper I might have. This will serve as a covid protocol and my list of participants for counting loops completed.

The whole idea is to do a specified route which will loop back to the start and do it as many times as you can in 30 minutes. Pretty simple eh? Please run or walk within your capabilities as the uphill climb is fairly strenuous but the down hill part should help get you ready for the next climb but be careful as some people in the past have tripped on the way down.

I will be there to help you record each loop with an item each time (keep each item until you finish the 30 minutes) you come around to the start area and remind you how much time is left. Keep track of your time while you traverse the course and stop when you reach 30 minutes; maintain your position till you reach the finish area after the thirty minutes. See you at the finish area where you will show me how many items you have collected from me since you came around the loop.

Finally, there is a Hill Climb Trophy that will be awarded to the First Female and Male and a small plaque with both names will be attached to it and each winner will keep the trophy on their mantle at home or work for 6 months.

The history of this event over the years has been sort of hit or miss; The first few years pretty good attendance and competition and the next few, one of sparse attendance and not so competitive followed by not enough interest to even hold the event. So with great trepidation I have agreed to bring it back for 2021 covid be damned.

Please join us for something a little bit different and treat it as a FUN event. You may even get to the point where you enjoy the challenge of uphill running.

Steve (fossil) Scott
Just remember there is no finish line.