



LAKE
WINNIPEG
FOUNDATION

Purejohn70 Challenge Final Run



Join us for some cardio and cake in celebration of John Sawchuk's 70th birthday - and the end of his 777 km triathlon challenge!

Lake-lovers of all ages and abilities are welcome to join John on his final run through the Assiniboine Park trails and forest. We have planned 2 km, 5 km and 10 km options which participants can complete at their own pace. John will be heading out around 10:15 a.m. and aims to complete his 10 km session around 11:30 a.m. Upon his return to the finish line, there will be quick closing remarks, photos and, of course, birthday cake!

Meet us at Picnic Site #21 in Assiniboine Park (between the Water Wise Garden and Trans Canada Trail). Each route will start and finish in this location. Route maps will be shared soon on the [Facebook event page](#) and we will have some hard copies with us. LWF staff will be on-site as of 10 a.m. to fill up your water bottles and answer all of your run and lake-related questions.

If you would like to support John as gets closer to completing this ambitious personal fitness challenge, visit his online [CanadaHelps page](#). Donations will also be accepted on-site during the event. (Remember, for every \$70 donation, LWF is sending John a birthday card!)

You can learn more about the Purejohn70 Challenge [here](#), or by visiting the Purejohn 70 Challenge [Facebook page](#).

Hope to see you on Aug. 21 as we cheer John to the finish line!

[Events](#)

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