

# **Alberta Doctors' Digest**

## **The High Street Mile highlighted a busy spring of physical activity**

The Alberta Medical Association Youth Run Club has had our busiest spring since the start of the club back in 2013! We are thrilled to share that this year the club attended or supported over 27 fun runs across the province, supporting 5,500 students of all ages and abilities. Overall, the AMA Youth Run Club supported more than 10,500 children and youth across the province this school year including 20 GO! (Girls Only) and three GSA (Gay Straight Alliance) Run Clubs.

New this year, the AMA Youth Run Club and Ever Active Schools hosted the High Street Mile, a fun one-mile race that took place along 102 Avenue in downtown Edmonton. The High Street Mile was a great success. More that 180 participated, with 100 of those between the ages of one and 18.



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The High Street Mile would not have been possible without the support from our event volunteers. MD Financial Management not only submitted a team to race in the team event, they were on-site and ready to help to ensure that all participants were given their race packages and associated timing chips. There was much excitement in the morning leading up to the race on chalk-marked streets, and the excitement was felt throughout the day. With a free event for kids under 10, and more than 80 participants in that event alone, it's safe to say the day started off with a bang!

Next was the student race, where school-aged participants raced alongside their peers. Following that were the open and corporate races. Racing for fun and overall fitness was the MD Financial Management team of four racers. We thank MD Financial Management again for not only your commitment to supporting the event and sponsoring the AMA Youth Run Club since 2016, but also for your dedication to physical activity!

Following the corporate race, the day finished with the men's and women's elite races. Coming out on top for the men was Nick Cook with a time of 4.19 min/mile. For the women, the winner was Danielle Thiel, with a time of 5.12 min/mile.

This year, more than ever, people were so excited to be able to gather with their friends and peers for a fun and exciting morning or afternoon of physical activity. And none of these events would have been possible without the support of doctors! Thank you for all you have done not only to support our work, but to carry us through the last two years. We are looking forward to building on the momentum from this spring and carrying into next fall with many schools already eagerly signed up to be a part of this wonderful program again.