



# FOR THE RUN OF IT

APRIL 1, 1984

The Mount Saint Vincent University Athletics and Recreation office invites one and all to come out and enter "For The Run of It" at 10:00 am April 1 at Seton Academic Center, Mount Saint Vincent University.

The purpose of this event is to raise money for special needs for women. Fifty per cent of the proceeds will go towards Ad Sum House (an emergency shelter and long term residential facility for homeless and transient women.) The Mount would like to make a statement to the public that we care not only about the women here at The Mount, but also those in the community, and that we are aware of women's needs around us.

The other fifty per cent of the proceeds will go towards "Project One" at Mount Saint Vincent (a fund raising project, started in 1979, to meet urgent needs to which no existing funds were available, for example, the Athletic/Recreation program.

So come and run, walk or wheelchair around an enjoyable 5 K route, help generate enthusiasm toward fitness, and support two very worthy causes. There will be certificates for all participants, and refreshments and fitness information at the reception following.

On March 19, registration will commence with two options:

1. A \$5.00 entry fee (obtainable at the Mount's Athletics/  
Recreation office)
2. or a sponsor sheet (obtainable at The Mount's  
Athletics/Recreation office)

For more information, contact The Athletics and Recreation office at Mount Saint Vincent University, 223 Rosaria, Phone 443-4450 (420)