

7th Toronto Regiment, RCA has formed a team to compete in the Canada Army Run!

This year, the Army Run has themed the Virtual 5K and the 5K+10K (where you run both 5K and 10K) in honour of UBIQUE150 - so this is The Royal Regiment of Canadian Artillery's year to shine and put in a team! It is also a fundraiser for Support our Troops.



HLCol Jeannette Chau

The 7th Toronto Regiment Team currently has 30 team members consisting of serving members, regimental family, family and friends walking or running in either the 5K up to the 26.1K. **More are welcome to join the team and get in the spirit!**

“They have signed up to do the various events from the 5K, 10K, 15K, 21K, with several doing the 26K. The ages of our team range from those in their twenties right up to the seventies. I turned sixty years old this year and am planning on running the 15K.

One member in his seventies, Larry Goucher, age 72, has also already completed the Canada Army Run Fort Frontenac Distance challenge by walking the 193K distance which represents the distance from the home of A Battery (part of Canada's first full time defence force) in Kingston, ON to the present day start line of Canada Army Run at the Canadian War Museum in Ottawa.”

The team leads are Honorary Lieutenant-Colonel Jeannette Chau and Bombardier Donnie David.

Let the Artillery be a force to be reckoned with this year! Three of the top four fundraising teams are artillery units.

“7 Tor is currently in 4th place out of 584 team entries, and it is good to see that out of the top four teams, three are Artillery regiments. It is a good showing for us, as I don't recall that any of the top teams were from the Artillery in the past.”

If you are interested in joining the 7th Toronto Regiment, RCA Team (you can walk or run), or donating to the team, please contact HLCol Jeannette Chau for more information at jchau@sympatico.ca



Bdr Donnie David