

Ready, Set, Go: Children's Run Across Canada Begins In St John's!

The Guru Gobind Children's Foundation (GGSCF) begins running across Canada in St John's

Toronto, Ontario. July 1, 2009 – Children, youth and volunteers with The Guru Gobind Singh Children's Foundation (GGSCF), left the Greater Toronto area for St. John's earlier this week to today begin the first leg of their eight-week run across Canada.

The non-profit community organization will run from coast-to-coast, over nine weeks during July and August 2009 to raise funds for Canadian Children's Hospitals and for a health centre in Liberia through Plan Canada.

The goal is to raise \$110,000 and the volunteers are using innovative ways to inspire friends, family and communities to get behind them with their donations. **vBase**, the newly launched online arm of fundraising, allows children and youth to share their progress and run-related experiences as well their personal fundraising goals via their own web area/page. The public can then log on and not only donate, but also 'hi5' runners and offer encouragement.

You can follow the progress of the run at www.ggscf.com and also find out when the GGSCF will be in a city or town near you. **The site offers information about runners via vBase and you can make your donations online.**

About GGSCF:

The GGSCF, a non-profit community organization, is run by children and youth with a vision to help other children meet their basic needs, while adding meaning to their lives, and carrying out the work in the spirit of the teachings of Sikh Gurus. The motto "children helping children" anchors the GGSCF and in an effort to uphold this, the foundation primarily supports less fortunate children around the world in collaboration with six charities.

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