

Guru Gobind Singh Children's Foundation

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CHILDREN'S RUN ACROSS CANADA



On July 1st the relay run started in St. John's, Newfoundland. In total 84 children/youth/young adults took part from the youngest who was 2 years old to high school students and some attending university. The route passing through all of Canada's ten provinces was 6779 km but the team ran a total distance of 8013km (some parts were run by more than one runner). The average distance covered each day was 138km and this was covered by two teams of runners starting at 6:00am each morning and on some days running till 6:00pm. The participants ran based on their ability and some of the very young participants ran only one day while the run passed through Toronto.



In total the run raised \$154,000 through donations and pledges. Of this \$14,000 was donated to the following hospitals, one in each province the run passed through:

- Janeway Children's Hospital Foundation - Newfoundland
- IWK Health Centre Foundation – Nova Scotia
- Queen Elizabeth Hospital Foundation – Prince Edward Island
- Saint John Regional Hospital Foundation – New Brunswick
- The Montréal Children's Hospital Foundation – Québec
- SickKids Foundation – Ontario
- Children's Hospital Foundation of Manitoba – Manitoba
- Children's Health & Hospital Foundation of Saskatchewan
- Children's Hospital Foundation – Alberta
- Surrey Memorial Hospital – British Columbia

Another \$14,000 was given to Plan Canada in support of a health clinic for young children/mothers in Liberia, Africa.



The reason for dividing the funds was to distribute these across Canada and also contribute to others parts of the world.

The run was a huge logistical challenge but with team work it was successfully completed. There were daily challenges with injuries, blisters, visits to the hospitals and generally very tired bodies but at no time did anyone despair or give up.

Thoughts/Quotes from some of the participants:



"... I was truly humbled at seeing the Terry Fox memorial in Thunder Bay. What we did was nothing. We ran in a team, this great soul took on this task all by himself... I am proud that I did a little part to keep his dream alive, he inspires me, he inspires us all..." Panveer Singh Lachhar

"... the best part of the run was seeing all of the country. Just when you think you have seen the most beautiful view, you run around the corner only to come to more inspiring beauty... we are lucky to live in Canada..." Navneet Kaur Jaswal





“...my most memorable part was Ottawa. I have never been there and to be there and speak for the GGSCF on the steps was unforgettable. What made it even better was going inside the House of Commons and seeing where the Prime Minister sits...” Pavan Kaur Ubbi

“...what I liked the most was the honks we received along the way from people seeing what we were doing and honking in support. We even got honks from trucks and from CN trains that we got to run alongside...” Tanjot Kaur Gill

“...my most memorable part was mile 0 in St. John’s where Terry Fox started his run. To think he stood there 25 years ago to undertake the same journey that we were to embark on...” Sophia Kaur Randhawa



“...Ontario is big, so big it would just not end, when we got through Ontario we knew we would get to Vancouver...” Mandeep Kaur Grewal

“... this run was the most fun I have ever had and I will remember it for a lifetime...” Avneet Kaur Jaswal

“...shows with practice, determination, commitment nothing is impossible...” Amanjit Singh Dhillon

“...its amazing that I was tired like my legs would drop off, but I wanted to keep going because it was so much fun and so exciting...” Jagdeep Singh Saggi

“...people were so supportive they stopped along the way and handed us donations...” Gurleen Kaur Dhaliwal

“...I liked all the animals we saw along the way: black bears, deer, cows, horses, mountain goats, eagles, llamas, prairie dogs, dolphins from the ferry...” Sonia Kaur Pirhar



“...I liked running early in the morning in the fog, it was like one was in a dream, it was not real...” Harjot Singh Bains

“...I was really proud to work together with such magnificent people who care for others and give up their time to make a difference in the lives of others...” Amritvir Kaur Bhangoo

“...I was not part of the run until it passed through my home town. I wanted to join and God willing when someone else dropped out, I got a chance to run. It has changed me for ever...” Supriya Kaur

“...coming back from the run was very difficult, we ended up with run depression. It was so common in our group we called it the GGSCF syndrome...” Sapreet Kaur Khera



“...a breathtaking experience for all those who participated. Running across such a vast and beautiful country is not an easy task but the commitment and dedication shown by all the wonderful participants and volunteers made it possible...” Jasjit Singh Dhillon

“...this event changed my perspective on life, made me a better person, and filled my mind with memories that will last forever...” Chiranjeev Singh

“...before I thought I had one family but during the run I was adopted into another family, the GGSCF family...” Jaipal Singh

“...most exciting time in my life...” Aman Singh Chahal

“...when everyone talked about doing this, I thought they were just saying so, it would not happen, but we did it...” Bikramjit Singh



GOVERNMENT RECOGNITION



On November 26th, the Ontario Legislative Assembly recognized the children who took part this summer in the “Children’s Run Across Canada” and raised \$154,000 for children’s hospitals across Canada. The participants were welcomed by Bas Balkissoon, MPP for Scarborough-Rouge River and were later introduced to the house during question period by Michael Chan, MPP for Markham-Unionville.



Following this, the Premier of Ontario Honorable Dalton McGuinty greeted the participants and thanked them for their contribution at such a young age. The Toronto Consulate General of India, Mrs. Preeti Saran, also greeted the participants and mentioned they were good role models having taken on such a difficult task. The Premier then gave out certificates on behalf of the Government of Ontario to all the participants.

SPONSORS

The Children’s Run Across Canada would not have been possible without the support of sponsors. Even with the recession these sponsors believed in the youth and supported this run.



- Brampton Kitchen Cabinets - Canaccord Capital
- D&B Media Group – G.S.United - Paragon & East Metal
- Scotiabank - Tim Hortons Ranbir Perhar
- Trafigura Foundation/Iberian Minerals
- BE Resources Inc. - Continental Precious Minerals
- Eastern Group of Companies - Eglington Carpet - Main Street
- Scarborough City Cab - Tridel

FAUJA SINGH IN TORONTO



On September 27, 2009 Fauja Singh was joined by 30 participants from the GGSCF in the Scotiabank Toronto Waterfront Marathon. Of the GGSCF group 8 ran 21km or half a marathon, the others ran 5km with Fauja Singh who completed the distance in 35minutes and 18 seconds. Fauja Singh and Ed Whitlock were invited by Scotiabank Marathon organizers to celebrate the 20th Anniversary of this event in which more than 20,000 runners took part. Fauja Singh (now 98 years old) and Ed (now 78 years old) as living legends of what is possible if we put our minds to it.

The GGSCF hosted the UK team which came with Fauja Singh. This included his coach Harmander Singh, Nirmal Singh, Ajit Singh, Amrick Singh, Sukhinder Singh and Cyan Irwin. All the GGSCF participants had taken part in the Children’s Run Across Canada and were very motivated by this well organized event and many want to run even more next year. The results of the GGSCF group are given below:



Half Marathon (21km)

- | | |
|---------------------------------|----------------------------------|
| Harjot Singh Bains 1h-52m-22s | Jiwanjot Singh Gill 1h-59m-4s |
| Bikramjit Singh Gill 2h-3m-47s | Amanjit Singh Dhillon 2h-4m-4s |
| Ranbir Singh Randhawa 2h-9m-37s | Parmjit Kaur Flora 2h-10m-14s |
| Jagdeep Singh Saggi 2h-39m-7s | Paramjit Kaur Dosanjh 2h-42m-16s |

5Km Run

- | | |
|--------------------------------|-------------------------------|
| Pryia Kaur 25m-58s | Panveer Singh Lachhar 27m-56s |
| Damanjit Singh Lachhar 29m-3s | Paneet Kaur Gill 29m-58s |
| Jaipal Singh 32m-18s | Aman Singh Gill 32m-30s |
| Jasjit Singh Dhillon 33m-42s | Pavan Kaur Ubbi 33m-43s |
| Sarpreet Kaur Khera 35m-9s | Ajmer Singh Sidhu 34m-57s |
| Kuldip Singh Dhillon 35m-17s | Tanjot Kaur Gill 37m-2s |
| Avneet Kaur Jaswal 38m-19s | Prableen Kaur Jaswal 38m-40s |
| Sukhdeep Singh Dosanjh 41m-34s | |
- Amitoz, Jaytagun, Manpreet, Sandeep, Sunny, Chiranjeev, Surjit also took part but we do not have a time for them. Note these are the actual run times for the runners and not the official times which are based on the horn that starts the run.

RACE AGAINST RACISM



On Saturday September 12th the GGSCF took part in the Region of Peel Police Race Against Racism event in Mississauga. The participants got to meet Mayor Hazel McCallion, MP Bonnie Crombie as well as many of the Police who were out in strength. Everyone enjoyed the 5km run and the day was finished with food, dancing, prizes and a gathka demonstration. Panet Kaur also set up the display for the GGSCF and collected donations.

GURU NANAK WALK



On Sunday October 25th 2009, the Guru Gobind Singh Children's Foundation went on their annual Guru Nanak Walk. The walk took place at The Forks of Credit Provincial Park in Caledon Ontario. The youth got to enjoy the fall weather and look at the beautiful surroundings. The hike was about two hours long, the youth talked amongst each other and connected with nature. It was a way for the youth to get out and enjoy the weather and also take time to realize what our first guru might have felt like while on his journeys on foot.

GURU NANAK FOOD DRIVE

This year the 8th Annual Guru Nanak Food Drive was held from October 25th to November 8th. More Gurdwaras than ever before took part, total 17 as listed below:

BRAMPTON: Gurdwara Damesh Darbar (Ebenezer), Gurdwara Jot Parkash Sahib (SunPac), Sri Guru Nanak Centre (Glidden), Sikh Heritage Centre (Mayfield), Sikh Lehar Centre (Bransteele)

MISSISSAUGA: Ontario Khalsa Darbar (Dixie), Sri Guru Singh Sabha (Malton), Shromani Sikh Sangat (Dunwin)

TORONTO: Gursikh Sabha Canada (Scarborough), Nanaksar Gurdwara Gursikh Temple (Kipling, Etobicoke), North York Sikh Temple, Ramgarhia Sikh Society (Rivalda), Rexdale Singh Sabha (Baywood), Shromani Sikh Sangat (Pape), Sri Guru Singh Sabha (Weston)

HALTON: Guru Ravidas Sahib (Burlington), Halton Sikh Cultural Ass. (Oakville)



The GGSCF would like to thank the sangat who supports this event each year and all the Gurdwaras above who allow us to organize this event. In total 7736 lbs of food was collected and donated to the Toronto Daily Bread Food Bank on November 16th, 2009 our second best collection ever.

EDITOR - Paramjit Singh



This has been an exciting year for the GGSCF celebrating the 10th Anniversary by running across Canada, a dream 10 years ago on the steps of Parliament Hill and now a reality embedded in minds and souls of those who participated and those who met them along the way. Those who took part felt privileged and humbled at the experience as they made memories that will last a life time. After completing many reflect that this would not have been possible without team work and Guru-ji watching over us as those who took part will attest to the many challenges both personal and those beyond the groups own control.

The run meant different things to the different participants some came for fun, others for the challenge, some for the company and some to see Canada. However one thing the run showed, the spirit of our Gurus lives in our young, if we could only channel this spirit to follow in the path laid down by our Gurus, just imagine what life and the world would be like.

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