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?Turning grief into goodness? through Addison Memorial Run

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The first annual Addison Memorial Run for a Reason will take place at Fiddle Park in Shelburne on Saturday, April 27th. The event is named in memory of Addison Guccino, who tragically took his own life at the young age of twenty in October of 2017.

Cortnie Peters and her son Logan are residents of Shelburne, who say when they lost Addison to his battle with mental health, they wanted to raise awareness. Addison's step mother, Cortnie Peters says since that terrible day she and a team of her dedicated friends have been relentlessly planning this event together. She says the event ?will not only honor Addison, but also bring awareness to Mental Health.?

?Addison was not just a step son to me,? says Cortnie, ?he was my child and Logan's big brother.?

Cortnie Peters told the Free Press, ?This event was created because the moment I had to tell my then 10 year old son, Logan, that his brother committed suicide, the hurt and sadness he was feeling made me want to help him and Addison in anyway possible. What better way to honour and help than to become an advocate for mental health? This will help Logan and myself and anyone dealing with mental health in anyway shape or form.?

She says since her son Logan is involved in many sport organizations, both as a competitor and official, they decided to start a running event. Their goal is to turn their ?grief into goodness' and spread awareness to everyone.? In addition to the 5km Run, there will also be a kids' 100 meter run.

Throughout the day, Cortnie Peters says there will be prizes given out, food for purchase prepared by Shelburne Kinnettes, sports and activity demonstrations, a bouncy castle and face painting, as well as a vendors' market from 8:00 am-12:30 pm, featuring local health and wellness businesses showcasing their products and services.

The Addison Memorial Run begins on the morning of April 27th when participants must register between 8 am-9 am. After that, there will be a group stretch at 9am, followed by the first activity of the day - a 100 m kids run at 9:30 am. The main event gets underway at 10 am with a scenic 5km run/walk through Fiddle Park and the surrounding area. Events are expected to finish up around 12:30 pm. Early registration will be available online soon.

?This will not just be a day to honour wonderful Addison who left us way too soon,? says Cortnie, ?The inaugural Addison Memorial Run for a Reason will be a fun-filled day for the entire family with all proceeds going to the Canadian Mental Health Association of Peel Dufferin. What a great opportunity to get some much needed exercise while supporting one of the most important issues we face today,? says Cortnie Peters. For more information contact Cortnie Peters at addisonmemorialrun@gmail.com.