

# Ottawa East EMC

## An inspired day of track and field

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BY JAMES RUBEC

EMC News - Last week, corporate teams from across Ottawa gathered to test their skills, and raise money for a women's addiction centre. The 2010 Amethyst Track Challenge has raised \$33,700 for the Amethyst Women's Addiction Center.

Staff from Masha Krupp Translation Group and several other companies got together in teams of five and competed in a high school style track meet at the Terry Fox Athletic Centre. The money raised will help the women's center run extra programming, like the enriched childcare program, that focused providing child care for women while they were in treatment.

"(The program) is significant because childcare is often a barrier for treatment. It is about improving the lives of women who suffer from drug alcohol or gambling issues," said Sandy Harmer the coordinator of health promotions at the Amethyst Women's Centre.

The event's main sponsor Masha Krupp, the president of the Masha Krupp Translation Group asks her entire staff to take the day off to run around in the hot sun and compete, sometimes ferociously, against each other.

"I used to hold a golf tournament. But I don't really like golf, my staff doesn't really like golf, and it separates everyone in to groups of four and they have a great chance of spending the day in the rain," said Ms. Krupp.

To replace this, she said she thought back to days during elementary school and high school she enjoyed most. The event is now in its third year.

"Who didn't enjoy track and field day, where everyone would get to take part, running and jumping all over the place in beautiful weather. I good at the 50 and 100 yard dashes and the standing broad jump," explained Ms. Krupp, who said she hopes that this event will double in size in future years. "This is a more inclusive way to get your staff out of the office, and running around. You don't necessarily need to be any good at the activities you are taking part in, but doing them together as a team and for a good cause makes the afternoon a great team building exercise,"

The track and field challenges included the 100 meter dash, the long jump, the standing broad jump, a 3 km run and fun walk, the baseball throw, 400 meter dash, a 50 meter dash (for CEOs and presidents of companies only), a 4x100 relay and a tug of war.

The Amethyst Women's Centre offers out patient programming to over 700 women a year, along with their families and children, and offers some preventative care for 150 other women. It has been operating for 31 years.

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*James Rubec, Ottawa East EMC*

The team known as the Cheerleaders competed in The 2010 Amethyst Track Challenge. The team was taking part in the competitions tug of war match.

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The Amethyst Track Challenge is looking to double the number of competitors for next year.

For more information on the Amethyst Women's Addiction Centre and the Amethyst Track Challenge, visit [www.amethyst-ottawa.org](http://www.amethyst-ottawa.org).

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