

“Pull the Trail” Sahadath Memorial run/walk

Community event will take place September 19th



Submitted photo from Ajax News Advertiser

A memorial run/walk to honour the late Cyril Sahadath will be held at Alex Robertson Park on Sept. 19, 2015

AJAX – Pickering High School will be hosting the 3rd annual memorial run/walk for the late Teacher/Coach Cyril Sahadath. known as “Pull the Trail” on Saturday, Sept 19 at Alex Robertson Park, with a 5km run/2km walk beginning at 1:15pm. . Money raised will help fund a scholarship, in Sahadath’s name, for dedicated student athletes.

“Pull the Trail” came from the reference coach Sahadath would make to his hurdlers, directing them to get their trailing leg over the hurdle more quickly. His Track and Field teams collectively won 13 overall OFSAA Team Championships, more than any other school to date. In his 25 years of coaching, Sahadath mentored hundreds of champions in track and field and a great many students as well.

Registrations and donations are being accepted online until Sept 16th at www.trackie.com (click Reg) or on the day of the event beginning at 8:30 a.m. There will be cross country runs, of various distances, for children aged 5 and up at the same location starting at 10:00am with two year age groups and ribbons for top 8 individuals and top 3 teams. There will also be prizes for the fastest times in each age group in the 5km run.

Snacks, pizza and drinks will be available on site.

“Pull The Trail” Scholarship Run – Remembering Cyril Sahadath



On March 18, 2013 Pickering High School lost one of our beloved teachers. Cyril Sahadath was considered a Pickering High School icon. Cyril worked at PHS for 25 years and was an established school leader in many ways. As Head of the Special Education Department Cyril provided support for students with special needs and for students ‘at risk’. In his capacity of veteran Teacher-Mentor and father figure for many students he is greatly missed. He is most remembered as Head Coach for the PHS Track & Field Team. PHS won both Overall Girls and Boys titles and back-to-back victories at the OFSAA Track & Field Championships an unprecedented 3 years in a row. The PHS Track Team won 13 OFSAA Team Championships under his tutelage, which makes him the only coach to accomplish this feat. He and his teams have been recognized by the Town of Ajax for their accomplishments.

Cyril was always quick to compliment the students by saying, “the kids did a great job”. Let’s take a moment to say...Cyril, you did a great job!

In memory of Cyril Sahadath, an annual scholarship has been set up for student athletes, dedicated to their school program, who are successful both in sport and in the classroom. “Pull the Trail” is intended to fund this scholarship program.

3rd Annual 'PULL THE TRAIL' Scholarship Run In Honour of Cyril Sahadath

**Saturday,
Sept. 19th, 2015**

*Alex Robertson Park
700 Sandy Beach Road
Pickering*

*On-Site Registration
from 830am-1230pm
Or Pre-register online
5 km Run/2km Walk starts 1:15*



*Entry Fees: \$15 per person (\$20 if register on the day of the run/walk)
Technical T-shirts: \$15 but sizes are not guaranteed after September 7th*

Donations are welcome

Elementary aged runners are encouraged to join in the cross country meet hosted on site from 10am to 12pm with two year age groups.

Join us for refreshments after your run or walk!

Register online at www.trackie.com (click on "Reg" and look for event by date) deadline is Sept 16

3rd Annual 'PULL THE TRAIL' Scholarship Run In Honour of Cyril Sahadath

Date: Saturday September 19, 2015

Start Time: 1:15pm for 5km Run/ 2km Walk

On-site Registration opens on the day from 8:30am until 30 min before race-time please preregister to help the race day event to run smoothly.

Location: Alex Robertson Park, Pickering

PLACE: Alex Robertson Community Park, 700 Sandy Beach Road, Pickering, ON L1W (3km from 401)

DIRECTIONS: (From West) 401E exit Brock Road (x399) turn R (South) to Bayly St, **(From East)** 401W exit Brock Road (x399) turn L (South) to Bayly St, **(for both)** turn R on Bayly continue to Sandy Beach Rd. turn L at the lights continue S (1.4 km) to Alex Robertson Park (parking on both sides). To leave, just reverse directions back to the 401.

FACILITIES: Washrooms on site in 3 locations, snacks, drinks and pizza will be sold on site. Restaurants and Pickering Town Centre are nearby and a playground an easy walk distance from parking.

COURSES: Courses will start and finish in the same vicinity in an area sheltered by mature trees but within sight of the parking lots. Courses are rolling mostly grass and groomed trails (some pavement), in the vicinity of the Waterfront Trail.

AWARDS: Top 3 fastest times and top three in each of three age groups will receive awards. Age categories are Junior (18 and Under) Senior (19-39) and Masters (40+) according to Birth Year.

ENTRY FEES: \$15 per person pre-registered participants get commemorative USB, \$15 for technical t-shirt (sizes only guaranteed by early deadline of September 7th), Donations welcome. Online Deadline is Wednesday, September 16, 2015, at midnight. On the day registration fee will be \$20 cash and is preferably done well in advance of the 1:15 start to avoid last minute delays.

Waivers: Athletes without waivers will not be allowed to compete. Bring completed waiver to the registration to trade for your BIB number. Questions can be e-mailed to: **Dale Lapham,** sebcoe1984@hotmail.com

Registration is online using www.trackie.com click on "Reg" and look for event by date.

THIS WAIVER FORM MUST BE SUBMITTED BY EACH ATHLETE ENTERED

In consideration of the acceptance of my application and permission to participate as an entrant of competitor in the 'PULL THE TRAIL' Scholarship Run In Honour of Cyril Sahadath scheduled for **Saturday September 19, 2015**

I, for myself, my heirs, executors, administrators, successors, and assigns **HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE:**

**Pickering High School
Durham District School Board
Running Free
The Minor Track Association (of Ontario)
Durham Dragons Athletics Club
City of Pickering**

And all other association, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, representatives, and assigns **OF AND FROM ALL** claims, demands, damage costs, expense actions, and causes of action, whether in law or equity, in respect to death, injury, loss or damage to my person or property **HOWSOEVER CAUSED**, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor, or otherwise; whether prior to, during or subsequent to the event **AND NOTWITHSTANDING** that the same may be the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREE to the above **WAIVER, RELEASE AND INDEMNITY. I WARRANT** that I am physically fit to participate in this event.

Date Print Name of Athlete Signature of Athlete

Birth Info (MM/DD/YY) (/ /) Junior / Senior / Masters

If participant is under 18 years of age, parent or legal guardian must sign below.

Print Name of Parent/Guardian Signature of Parent/Guardian

Address City Postal Code

Email Address for Parent/Guardian Phone contact: