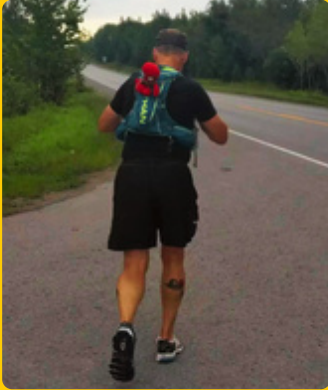




Canal Pursuit Event



About:

The Canal Pursuit for Mental Health began in 2015 as a 700 km run following the Trent-Severn and Rideau Canals, from Port Severn to Ottawa. For the first two years, founder Clay Williams completed the entire distance solo, averaging 90 km per day. Since then, a dedicated team of relay runners has carried the torch, continuing the movement to fight depression through action and awareness.

Again this year, the Canal Pursuit is hosting a series of mini-events along the original route and beyond. These community-driven runs and walks will bring people together in new ways — supporting mental health, and keeping the conversation alive. Join us as we take meaningful steps, one event at a time.

Proceeds of this event support:




Events Date: August 29, 2026

Locations: Peterborough | Trenton | Belleville | Kingston | Smith Falls | Ottawa | Virtual

Learn More:



CanalPursuit.DefeatDepression.ca
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