



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.

This year, the Canal Pursuit is evolving. Instead of one continuous relay, we're 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:



Mood Disorders Society of Canada
Société pour les troubles de l'humeur du Canada

Events

Date: August 23, 2025

Locations: Peterborough | Port Severn |
Trenton | Belleville | Kingston | Kemptville |
Smith Falls | Ottawa | Virtual

Learn More:



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