

Guinness world record here we come!

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By Meghan Hurley



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They laced up and hit the pavement Wednesday in a bid to break Guinness world record.

NICOLE LAHAIE and her two young children hit the pavement Wednesday with the goal of helping to shatter a Guinness world record.

The Lahaie family was among more than 1,000 people to walk around the legislative grounds to promote International Walk to School Day.

Approximately 47,000 people participated in Winnipeg, said Deanna Betteridge with Winnipeg in Motion, one of several organizations that put together the event.

Canada was attempting to break the current Guinness record for most people simultaneously walking one kilometre. It was set in 2006 by Western Australia when more than 100,000 people walked together.

Across Canada, almost 600,000 people signed up at around 1,800 sites to walk the one-kilometre route. The event began at 11:30 a.m. local time across the country.

Organizers will find out in six weeks if Canada has officially broken Australia's world record. But if the early registration numbers are any indication, the record should be shattered, Betteridge said.

The goal of the walk was two fold -- break the record and get Canadians to focus on healthy living, she said.

"The success was evident in how many walks we had across the province and people were excited to get involved," Betteridge said. "People were surprised to see how quickly you can walk one kilometre."

Lahaie, who came to the walk with her daughter Adia, 4, and six-month old son Caylum, said she's trying to teach her children to be active at a young age.

"This gives us a reason to get out and we love walking," Lahaie said. "This is important because of the obesity rates and so many video games making kids lazy."

Lahaie goes walking with her two children almost every day.

Meanwhile, Debbie Houston, a workplace wellness specialist with Manitoba Public Insurance, dressed up in a fuzzy red top hat and boa to get people's attention.

Around 70 of the employees she represents walked with her to help break the record.

"It's a really good opportunity to get out of the office on a beautiful day," Houston said.

Participants finished the walk on the south side of the legislature and were served soup by volunteers and the minister for healthy living.

The Heart and Stroke Foundation, Manitoba Public Insurance and several other companies sponsored the event.

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