

CRA ANNUAL SCIENTIFIC MEETING

FUN RUN/WALK

Join us for the **CRA Fun Run/Walk** and experience Halifax in a refreshing way! The Canadian Rheumatology Association invites delegates to enjoy a leisurely 5 km run or 2.5 km walk through the scenic downtown before conference programming, led by CRA member volunteers, Drs. Lauren King and Liam O'Neil.

All fitness levels are welcome! It's all about fun and community.

WHEN: Friday, April 17, 2026
TIME: 6:30 - 7:15 a.m. AT
WHERE: Start and finish at Rogers Square (HALIFAX CONVENTION CENTRE, GRAFTON STREET LEVEL)

FUN FACTS

- Canada's first covered skating rink opened in 1883 in the *Halifax Public Gardens*.
- The *Halifax Public Gardens* is over 150 years old, and is one of the finest surviving examples of a Victorian Garden in North America. Its ornate wrought iron gates at the entrance bear the coat of arms of the city of Halifax, "E Mari Mercens," signifying wealth from the sea.
- The *Halifax Citadel National Historic Site*, built in the 1800s to defend against land-based attacks, is one of the most visited National Historic Sites in Canada. It is shaped like a star from an aerial view.
- Every day at noon, locals and residents can hear the "noon gun" tradition, emanating from the *Halifax Citadel National Historic Site*, which has been observed for 200 years.

