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IronDames need help in \$110,000 fundraising goal

The IronDames, a dynamic group of Burlington and Oakville women, are training to compete in Ironman Canada this August.

The goal is to raise more than \$110,000 to fund Wellspring's Cancer Exercise program.

Wellspring is a highly regarded support facility that provides services free of charge to cancer patients and their families.

The Ironman triathlon consists of a four-kilometre swim, a 180-km bike race and a 42-km marathon run.

The IronDames chose to support Wellspring's cancer exercise program because a member of the group with cervical cancer has recognized the benefit of healthy living and exercise in her life.

While undergoing a rigorous training program, the IronDames are also holding a few fundraising events to help raise awareness.

The next one is Friday, April 23 at 7:30 p.m. An art party will be held at the Burlington Golf and Country Club, with works of art for sale and an auction of jewelry, paintings, pottery, sculpture and a garden gate.

Tickets, at \$50, are available through IronDames and sponsors.

On Sunday, May 9, the IronDames host a Lace Up for Love Mother's Day 1- and 5-km run/walk for Wellspring Halton-Peel's cancer exercise program. It will be held at Newworld Cycle and Runners on Plains Road, a group sponsor.

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