

GoodLife Fitness Victoria Marathon
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MEDIA RELEASE

Running Legends Headline GoodLife Fitness Victoria Marathon Speaker Series

(Victoria, BC – September 26, 2011) Bart Yasso and Kathrine Switzer will be featured speakers at the GoodLife Fitness Victoria Marathon Speaker Series, to be held on Saturday October 8 at the Marathon Race Expo. The Speaker Series runs from 10:30 am – 3:00 pm and will be held at the Victoria Conference Centre, Level 1 in the Auditorium.

Yasso is the 'Chief Running Officer' at *Runner's World*, who successfully launched the magazine's sponsorship program. He has run marathons on every continent and is the creator of the 'Yasso 800s', a workout that predicts marathon race pace by running 800 metres 10 times. He is one of the few hardcore ultra-endurance runners to complete the 146-mile Badwater race. He will be running the Half Marathon.

Switzer became an overnight celebrity when she registered and ran the Boston Marathon in 1967, the first woman to do so, despite the race director trying to remove her forcibly from the race. She is an advocate for women's running world wide, establishing the Avon Running Series, and successfully lobbying for the women's marathon to be in the Olympic Games. Still an active runner, she ran the Athens Classic Marathon in October 2010, and the Berlin Marathon last weekend on September 25.

"Having some of the running greats attend our event over the years has given our participants, as well as our organization, a wealth of information and motivation relating to the sport of running," says Race Director, Rob Reid.

In addition to Yasso and Switzer, the Speaker Series will feature the 2011 Track World Cycling Champion Tara Whitten, Canadian distance runner and Victoria Half Marathon record holder Marilyn Arsenault, and 19-time Canadian Champion, Lucy Smith.

The 32nd Annual GoodLife Fitness Victoria Marathon takes place Sunday, October 9th, 2011. For the third year in a row it will host the 2011 Provincial Marathon Championships. There is \$37,300 available in prize money with \$3,000 each going to the top male and female and a \$5,000 bonus for a new men's or women's course record. In 2006, Steve Osaduk broke a 25-year record by winning the Marathon in 2:16:49. For more details, visit www.runvictoriamarathon.com.

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