

Royal Victoria Marathon  
Box 675, 185 - 911 Yates Street  
Victoria BC V8V 4Y9  
Phone: 250.658.4520  
Fax: 250.658.4580



Email: [info@royalvictoriamarathon.com](mailto:info@royalvictoriamarathon.com)  
Web: [www.royalvictoriamarathon.com](http://www.royalvictoriamarathon.com)

October 7, 2007

October 12, 2008

## Victoria Starts Marathon Training

(Victoria, BC – June 26, 2007) – Victoria residents are donning their running shoes and building up their mileage in training for the Royal Victoria Marathon, to be held on Sunday October 7, 2007. Running stores in the city have started their marathon clinics and are reporting a record number of attendees.

At the two Frontrunners stores – on Vancouver Street and in Westshore – 166 runners have signed up for the clinics, which covers both the marathon and half marathon races. Ann Griffin, Assistant Manager of the Vancouver Street location says she has 140 runners and may not be able to take any more. “Because we have so many we have divided the clinic into 10 groups. We have 22 run leaders which gives us a ratio of 1:7 leader to runner. This means each runner will get personalized training.” The clinics run Wednesday evenings and Saturday mornings. “There is a lot of variety with the weekend runs as we start from different locations of the city,” Griffin explains. Nick Walker, owner of the Westshore location in Langford, says they are still accepting runners who want to sign up.

For those who prefer to train on their own the marathon also has an on-line training schedule especially designed by Olympic Marathoner and local runner Bruce Deacon, and 5-time Royal Victoria Marathon winner Kelvin Broad. There are six schedules for the marathon and half marathon so that runners can choose the one that best fits their goal.

The 28<sup>th</sup> Annual Royal Victoria Marathon takes place Thanksgiving weekend and in addition to the marathon and half marathon there will be an 8-kilometre race – which this year features a Corporate Team Challenge – and the THRIFTY FOODS Kids Run.

See [www.frontrunners.ca](http://www.frontrunners.ca) and [www.royalvictoriamarathon.com](http://www.royalvictoriamarathon.com) for clinic and training information.

-30-

For more information contact:  
Louise Hodgson-Jones, Media Liaison, Royal Victoria Marathon  
[media@royalvictoriamarathon.com](mailto:media@royalvictoriamarathon.com)  
Tel: 250-812-2518