

GET READY RUNNERS, AUSTRALIAN RUNNING FESTIVAL ENTRIES ARE OPEN!

Challenge yourself at The Australian Running Festival, April 13 and 14, 2013

Runners of all abilities can stick to their New Year's fitness resolutions and sign up for the Australian Running Festival, taking place in nine weeks time on Saturday, April 13 and Sunday, April 14, 2013. Featuring Australia's oldest marathon, The Canberra Times Canberra Marathon, this ultimate running weekend also features an Ultra Marathon and Half Marathon, as well as 10km and 5km fun runs. The popular, family friendly event, invites participants of all abilities, including serious runners, joggers, wheelchairs, pushers and walkers, to take part. In 2012, 5,000 participants took part, and this year, many more are expected to travel from all over Australia to join in the event. Entrants are encouraged to raise much needed funds for more than 195 charities, including partner charity Heart Foundation ACT - with the fundraising target set this year at \$150,000. Heart Foundation CEO Tony Stubbs urges people to help the Heart Foundation ACT raise \$50,000 towards Warning Signs, a campaign designed to help Australians better identify, know and respond to the signs of a heart attack and call triple zero quickly. "We need as many as possible to enter the event and set up a fundraising page or if they can't make the event, donate to the fundraising page of someone who is," said Stubbs. The adidas 10km dash and fun run, and adidas 5km fun run - Saturday April 13 The Saturday events are divided into two waves of competitors, the 10km dash and the 10km and 5km fun runs. The dash will see entrants compete to finish the 10km course in less than 50 minutes. The course loops through Canberra, beginning on Telopea Park West. The adidas 10km dash begins at 8:30am, the 10km fun run at 9.45am and the 5km fun run kicks off at midday. The Canberra Times Canberra Marathon, Ultra Marathon (50km) and Half Marathon (21.1km) - Sunday April 14 The Marathon and Half Marathon weave through Canberra taking in all the iconic landmarks of Australia's capital. The 10km loop takes entrants through the Parliamentary Triangle, followed by a doubled stretch along the southern and then northern shores of Lake Burley Griffin - from Bowen Park to near the Glenloch interchange. Participants will then cross Kings Avenue Bridge on the outwards journey and Commonwealth Avenue Bridge on the return journey. The Australian Running Festival offers marathon finishers the chance to go 'beyond the marathon'. After finishing the 42 km marathon course (within 5 hours), runners are eligible to go on to complete in an exciting bonus event - the challenging 50km Ultra Marathon. All events on Sunday April 14 begin at 7am sharp. Fairfax Events, Acting Race Director, Sarah Young said: "The Australian Running Festival encourages running enthusiasts from all over Australia to make their way to Canberra for a fulfilling weekend of running! "This year we are expecting 7,000 entrants to take part over the weekend - and with the variety of distances available, there is something for all fitness levels." Entries are now open for all the events, please visit www.runningfestival.com.au to register. Early bird entries close on February 22.

Contacts

Georgia Rushbrook-House
(02) 9292 7013
[mailto: georgia@accesspr.com.au](mailto:georgia@accesspr.com.au)
Sam Pearson
(02) 9292 7005
[mailto: sam@accesspr.com.au](mailto:sam@accesspr.com.au)