



# WHISTLERHALFMARATHON

## *TWO NEW EVENTS FOR WHISTLER HALF MARATHON WEEKEND; INSTRIDE SEMINAR SERIES AND RECOVERUN RESTORATIVE 5K TRAIL RUN*

### Media Release

**May 28, 2014** – for immediate release

**Whistler, BC** The North Face Whistler Half Marathon announces two new and free events that are open to everyone. Registered athletes and the public are welcome to attend the instride Seminar Series on Friday, June 6 and the Recoverun Restorative 5K Trail Run on Sunday, June 8.

The instride Seminar Series are free sessions offering course orientation, recovery tips and techniques, managing the mental side of pain, meditation, keynote speaker Ultra-Marathoner Diane Van Deren, and a film screening of *Desert Runners*. Seminars are held in the Crystal Gallery of the Crystal Lodge & Suites beginning at 1:00 p.m. on Friday, June 6.

A coached and restorative five-kilometre trail run, Recoverun is a non-timed, non-competitive run offering a slow paced exploration of the trails in Whistler's Lost Lake Park. Held the day after "Canada's most scenic half marathon" and led by Run Coach John Blok and Ultra Marathoner Diane Van Deren, Recoverun provides useful training advice to help you recover from your race efforts more efficiently. The run begins at 8:00 a.m. from The North Face Store, in Whistler Village and post run snacks, water and coffee will be provided. A limited number of spots are available and pre-registration is required.

These new additions are a perfect complement to The North Face Whistler Half Marathon weekend with pre and post events for athletes and the general public, who may join in even if they are not participating in the actual Half Marathon and 10km races.

For more information on The North Face Whistler Half Marathon, instride Seminar Series, Recoverun, and more, or to visit our media room for past media releases and story starters, please visit [www.whistlerhalfmarathon.com](http://www.whistlerhalfmarathon.com).



# WHISTLERHALFMARATHON

## About The North Face Whistler Half Marathon

Canada's hottest half-marathon takes place on June 7, 2014 in Whistler, BC, one of North America's premier mountain resort destinations. Produced by Whistler Friends ([www.whistlerfriends.com](http://www.whistlerfriends.com)), a non-profit event producer, The North Face Whistler Half Marathon has chosen Crohn's and Colitis Canada (CCC) as its primary charity, with \$5 from every registration donated to the CCC. For more information on the CCC, please visit [crohnsandcolitis.ca](http://crohnsandcolitis.ca).

-30-

### Media Contact:

Dave Clark, Race Director  
The North Face Whistler Half Marathon  
604-967-3733  
[dave@whistlerhalfmarathon.com](mailto:dave@whistlerhalfmarathon.com)