



RECORD NUMBERS TURNOUT FOR INAUGURAL CANADA ARMY RUN

OTTAWA, ON – (Sept 21, 2008) It wasn't just the sound of a 105 Howitzer cannon going off that shook the streets of Ottawa early this morning. It was the sound of close to 7000 people running along the Rideau Canal to mark the first Canada Army Run. The sold out event set a record for the largest number of entrants for an inaugural running event in Canada and hundreds of spectators lined the streets.

At the end of the day, Ryan Mackenzie, a recruit in the reserves from Victoria, took the 5k title in a time of 14 minutes and 53 seconds. He was followed by Daniel Blouin, a fitness and sports instructor from Val Cartier, Quebec in 15:26:0, with Matt Setlack of Cold Lake, Alberta in third (16:13). Ottawa's Lanni Merchant took the women's title in 17:22.4, followed by Dana Buchanan of Beachburg, Ontario in 17:27. Third place went to Joanna Brown of Carp in 18:32.

Matthew Leduc of Ajax won the first Canada Army Run Half Marathon title in 1 hour and 12 minutes and 31 seconds. He was followed by Master Warrant Officer Stephen McNabb of Canadian Forces Base Petawawa in 1:13:09 and Matthew Stacey of Ottawa in 1:13:27. Ottawa's Liz McGuire won the women's division in 1:22:19. Marie Danais, a fitness director for the military in Val Cartier was second in 1:23:41, followed by Daniele Riendeau in 1:23:43.

More than 20 injured soldiers from across the country took part in the event and were given special recognition by the Chief of Defence, General Walt Natynczyk, who also ran the 5km.

Ottawa Mayor, Larry O'Brien, who was in the field as well, officially proclaimed the day "Army Run Day in Ottawa."

The team competition was hotly contested in both the open and military divisions. Full results are available at www.armyrun.ca.

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