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**NEWS RELEASE**

**5K / HALF MARATHON**

**Half Marathon Sells Out  
5K: 75% sold out**

**OTTAWA (August 3)** – The half marathon for this year's Canada Army Run September 18<sup>th</sup> has sold out and fewer than 2,000 spots remain for the 5K.

A registration cap of 15,000 (7,000 for the half marathon and 8,000 for the 5K) was put in place this year to ensure the event – acknowledged by running gurus as [“the fastest growing run in Canada”](#) – continues to grow at a safe pace.

“I’m very pleased but not surprised that the half has already sold out, based on the phenomenal growth we’ve seen over the last few years and the pace of registrations this year,” said Run Director Major Luc Frenette. “The 5K isn’t far behind, so for those who want to run, walk or roll in this year’s Canada Army Run but haven’t yet signed up, I’d encourage them to register as soon as possible.”

In 2008, 7,000 people ran, walked or rolled in the first-ever Canada Army Run. By [last year](#), that number had doubled.

“Canada Army Run is a great way to kick off the fall running season,” said [Run Ottawa’s](#) General Manager, Jim Robinson, who has responsibility for organizing Canada Army Run. “For those planning to run a marathon later in the season, the Army Run half is perfect training to get them ready.”

Fundraising efforts for Canada Army Run benefit [Soldier On](#) and the [Military Families Fund](#).

**Facts and Links**

- Canada Army Run is the second largest running event in Ottawa, after Ottawa Race Weekend.
- The Canada Army Run [“Stories” blog](#) features profiles of participants.
- Selected photos from last year’s run are posted [here](#).
- The Canada Army Run SitRep [newsletter](#) includes run updates and feature articles.
- Follow Canada Army Run on [Facebook](#).
- Follow Canada Army Run on [Twitter](#).

- 30 -



## NEWS RELEASE – CANADA ARMY RUN

### About Canada Army Run

[Canada Army Run](#) is a unique running event in which Canadians run, walk, or roll side-by-side with members of the Canadian Forces in half marathon and 5K events. Launched in 2008 with 7,000 runners (a Canadian record for the largest number of entrants for an inaugural run), this event is expected to grow to become a North American destination run. Fundraising efforts benefit Soldier On and the Military Families Fund. The 2011 Canada Army Run is scheduled for Sunday, September 18.

For more information, please contact:

Velma LeBlanc

**613-794-4806** or

[media@armyrun.ca](mailto:media@armyrun.ca)

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[www.armyrun.ca](http://www.armyrun.ca)

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