

PRESS RELEASE
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Why A Marathon? – Perth City to Surf Marathon

To complete a marathon involves commitment, courage, and persistence. Being fit is secondary to the dedication an individual needs to display in order to train for, participate in and essentially accomplish their goal of completing the infamous 42.2km distance.

Marathon Running has become an institution for hundreds of thousands of people around the world. In 2008 an accumulated total of over 165,000 people participated in the five world marathon majors hosted in New York (over 38,000 participants), Chicago (over 37,000), Boston (over 22,000), London (over 30,000) and Berlin (over 40,000).

A small fraction of these participants would consider themselves as anything more than a recreational runner. Yet as a measure of distance people often see 42.2kms as an unattainable objective. Why then has marathon running become so popular with the 'ordinary' person?

In her book *A Race Like No Other* Author Liz Roberts opens with a description of why people choose to take on the Marathon "Marathoners push themselves to the edge of insanity and exhaustion, because when they look back on those 26.2 miles, the view is profoundly satisfying" she then goes on to say "They come to outrun their demons or their diagnosis...They run to Check it off the life list. They run to eat cake or choose vanity. They run because they can not stop running. They run to suffer so others will not."

Marathon running should not be considered as an event for the elite but rather a challenge for the everyday person. The likes of Oprah Winfrey, Katie Holms, Gordon Ramsay, Will Ferrel, P Diddy, and even George Bush have all completed marathons; and while considered leaders in their individual domains, these individuals are in no way considered distinguished in the field of distance running. Marathon running is a test of an individual's mental strength and willingness to commit to achieving a very individual and sometimes lonely goal.

For many participants completing a marathon is more of a symbol of hope that we are able to overcome larger hurdles in life, whatever they may be. To others, it is simply a challenge to stretch the bounds of their physical abilities to levels they never thought they could possibly reach. Whatever the purpose, marathon runners share a unique desire to challenge themselves and to achieve a personal goal. It is this common ground that delivers a very positive emotional experience to anyone willing to take the challenge.

The Perth City to Surf Marathon on 30th August 2009 is an event for the people. It is an opportunity to challenge yourself to achieve something very special, a reward for commitment and desire. Whether you are simply looking for the ultimate physical challenge, or whether the completion of the marathon carries another significant life meaning, each and every runner that crosses the finish line at City Beach will share a common bond.

The City to Surf Marathon is part of the City to Surf Running Carnival that includes the City to Surf Half Marathon, City to Surf 12km Run or Walk, City to Surf 11km Wheelchair and City to Surf 4km Walk or Run. Why not take the challenge and be part of the inaugural marathon event!

Please feel free to drop us a line and share your experiences of what training for, running in, and completing the City to Surf Marathon is all about for you. The 'Marathon' is a race of a thousand stories; let yours be heard e-mail citytosurf@csports.com.au

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Perth City to Surf event images available on request.

London Marathon Images http://www.w-w-i.com/flora_london_marathon_2008/gallery.php?pg=1&gp=i

