

FOR IMMEDIATE RELEASE

LifeSouth brings the Kid's Marathon to the  
Ocala Marathon weekend set for January 30-31, 2010

OCALA, FL - June 29, 2009 -The Citrus Road Runners Club and LifeSouth Community Blood Centers announced the addition of the "Kid's Marathon Program" to the Ocala Marathon events. The Marathon traditionally included the Full Marathon (26.2 miles), Half Marathon (13.1 miles), and 5K (3.1 miles) races on a single Sunday. This year it will expand over two days with the Kid's Marathon and 5K events occurring on Saturday, January 30th with the Full and Half Marathon events on Sunday, January 31st.

"We appreciate that LifeSouth realizes the potential Ocala offers to help them expand their Kid's Marathon Program," said Chris Moling, Race Director and Club President. "This is an important addition to an event that already brings positive economic impact to the city as we showcase our renowned Horse Country to runners from across the nation."

The "LifeSouth Kid's Marathon" recruits children from local schools to sign up for a program that will aid them in completing a Full Marathon distance, one mile at a time. Each child will participate in a series of one mile runs at their school until they complete 25 miles and then run their last 1.2 miles during the Marathon race weekend. Each participant will receive their very own Kid's Marathon finisher's medal. "This is a fantastic program that helps Kid's develop a healthy lifestyle" said Moling.

Event weekend kicks off Saturday, January 30<sup>th</sup>, with the 5K and Kid's Marathon events, followed by an expanded Health & Fitness Expo at the Ocala Hilton where all participants pick up their race packets. The expo will feature many running and fitness retailers, exhibits and interactive clinics. The evening finishes with a pre-race Pasta Dinner hosted at the Hilton. Sunday opens at 7:00 a.m. with the start of 10<sup>th</sup> running of the Ocala Marathon, followed by the Half Marathon at 7:30 a.m.

Spectators are welcome to come out and cheer on the athletes as they challenge themselves to complete the 26.2 mile journey. The races feature many aid stations along the course, rooting for race participants all the way to the finish line. There will be music and refreshments following each race and of course, some great southern hospitality.

For more information about the Ocala Marathon Weekend, log on to [www.ocalamarathon.com](http://www.ocalamarathon.com).