

# MEDIA KIT - Part 1 - Media Info & Fast Facts

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## Schedule of Events

Date and Time	Activity	Location
<b>April 28 – 30, 2016</b>		
Thursday, 5:00pm – 8:00pm Friday, 11:00am – 8:00pm Saturday, 10:00am – 6:00pm	Health, Sports & Lifestyle Expo	Vancouver Convention Centre (VCC) West (1055 Canada Place, Vancouver, BC, V6C 0C3)
<b>Saturday, April 30, 2016</b>		
9:00am	Running Room Friendship Run	Stanley Park, Devonian Park
11:00am	Kids Run <i>Presented by Saucony Kids</i>	Stanley Park, Ceperley Park
12:00pm	2.5KM Walk	Stanley Park, Ceperley Park
<b>Sunday, May 1, 2016</b>		
7:00am	Half Marathon Start	Queen Elizabeth Park, West 29 <sup>th</sup> Ave at Midlothian Ave (Canada Line: King Edward Station)
8:30am	Marathon Start	Queen Elizabeth Park West 29 <sup>th</sup> Ave at Midlothian Ave (Canada Line: Oakridge-41 <sup>st</sup> Station)
8:30am	Relay Start	Same as Marathon Start Line (Gear check & shuttle: Oakridge-41 <sup>st</sup> )
8:30am – 3:30pm	Finish Line Street Festival	West Hastings between Bute St & Burrard St
8:30am	Half Marathon Awards Ceremony	Finish Line / Announcer Tent West Pender St & Bute St
9:30am	8KM Start	Stanley Park, Lagoon Drive, between the Fish House Restaurant and Pitch and Putt
11:45am	Marathon Awards Ceremony	Finish Line / Announcer Tent West Pender St & Bute St

## Key Messages

### About

#### **Vancouver International Marathon Society (the Society)**

The Society is a volunteer-based non-profit organization that is guided by a volunteer Board of Directors and is supported by approximately 4,000 volunteers to organize the BMO Vancouver Marathon, the Granville Island Turkey Trot and the Fall Classic run at UBC. The Society was established in 1987.

#### **What Makes Us Different**

- One of the few remaining non-profit organizations that organizes a world class event to grow the sport of running, to build community pride, to promote health and wellness, to support the good work of charities, to add local economic value, and to promote the city of Vancouver and province of BC.
- Only Marathon in Vancouver (one of the largest in Canada)
- Oldest Marathon in Vancouver with 45-year history and 27 years for the Half Marathon.
- Featured as a 'Top Marathon Worth Traveling For' – Forbes Magazine (2016)
- Named a Top 10 Destination Marathon by Forbes, CNN, USA Today and others (2012, 2013, 2014, 2015, 2016)
- Voted one of BC's Top 3 Races in *Impact Magazine* with a perfect 100% Race Rating - 2015
- Named Best Marathon in Western Canada - *Get Out There Magazine's* Readers' Choice Awards (2014, 2015)
- Ranked as the World's Best Half Marathon by *The Active Times* - 2015
- Canada's most scenic urban marathon event, with both Half and Marathon offering 70% shoreline views
- A spring event with superb running temperatures, cherry blossoms, snow-capped mountains.
- Only event of its kind in North America with 3 point-to-point courses occurring simultaneously, all merging at a stunning downtown Finish Line
- 12 Neighbourhoods, 6 Beaches, 3 Parks
- 34 Entertainment Groups on-course
- 42 Charities

#### **Bank of Montreal (BMO)**

- Loyal and valued title sponsor for the past 11 years

## Event and City Accolades

**'Top Marathons Worth Traveling For' – Forbes Magazine (2016)** – “You’ll tour the Canadian city, as the course leads you through 12 neighborhoods, six beaches, three parks and the picturesque Seawall, the world’s longest uninterrupted waterfront path. The best part is the views — you’ll get a glimpse of everything from snow-capped mountain ranges to cherry blossom trees. Even better: 70 percent of the race offers shoreline vistas.”

**'Best Marathon in Western Canada' – Get Out There Magazine (2015)** – Voted by the readers of Get Out There Magazine.

**Canada’s Gold Label Races ‘perfect destination race vacations’- Canadian Running Magazine (2015)** “One of the top destination marathons anywhere in the world, the BMO Vancouver Marathon is famous for its beautiful course,” writes Canadian Running Magazine. “The half and the marathon take in the most spectacular of Vancouver’s running routes.. and, perhaps the most stunning final 10KM of any marathon, along Stanley Park’s Seawall.”

**100% Race Rating – Impact Magazine (2015)** Received a perfect 100% race rating from runners and named one of the top 3 Races in BC. Impact Magazine adds “Superb support from the crowd and volunteers.”

**The World’s 10 Best Half Marathons – The Active Times (2015)** The article writes “This 13.1-mile race landed a spot on our list thanks to the breathtaking natural scenery...”

**Top 10 Marathons Worth Traveling For – Forbes Magazine (2014)** The global media source acknowledged the diverse, scenic route of the BMO Vancouver Marathon which includes snow-capped mountain views, cherry blossom trees, and 70% course shoreline.

**Top Travel Destination in Canada – Travel + Leisure (2014)** The world’s definitive publication for destination and travel info, Travel + Leisure’s annual World’s Best Awards evaluates cities worldwide based on five characteristics including sights/landmarks, culture/arts, restaurants/food, people and value. In 2014, Vancouver scored title as best city in Canada and sixth best in North America.

**Best Marathon in Western Canada – Get Out There Magazine (2014)** BMO Vancouver Marathon was recognized as the Best Marathon in Western Canada in Get Out There Magazine’s 10th annual Readers’ Choice Awards.

**14 spring races all runners should try – USA Today (2014)** “The epitome of a truly superb spring race, runners flock to Vancouver each May to run a perfectly picturesque course,” shares the established publication, USA Today.

**Best Destination in Canada – Travel Weekly (2014)** In Travel Weekly’s annual “Reader’s Best” awards.

**North America’s Greenest City – Global Green Economy Index (2014)** Vancouver was named among the top greenest cities in the world – 4<sup>th</sup> overall, and the only city in North America to land in the Top 5.

**World’s Healthiest Places to Live – Time Magazine (2014)** Time Magazine named Vancouver among the world’s healthiest cities, indicating that “it’s hard to beat Vancouver” when it comes to healthy lifestyles.

**Stanley Park: Top Park in the World – TripAdvisor (2014)** In its Travellers’ Choice Awards, Travelers cited Stanley Park as the world’s best for its “mini-forest, beautiful gardens, totem poles and scenic walkways.”

**Run the world: Runner’s guide to the Most Exotic Marathons – CNN Travel (2013)** Ranked one of the World’s Most Exotic Marathons, the publication states “It’s worth running simply to take in Vancouver’s scenery.”

## Fun Facts Emphasizing Size of Event

- 31,000 liters of water. That means runners drink the equivalent of 1,600 water coolers on Race Day!
- Over 1 million grams of nutritional gel—about 3,000 lattes
- 15,000 PowerBar Gels (Strawberry Banana, Tangerine, Double Latte)
- 13,000 bananas
- 13,000 feet of fence
- Over 90,000 spectators
- Over 4,000 volunteers representing 16,000 person hours
- Cycle Team (60 volunteers) covers about 1,240 KM on race day, and another 3,500 KM during training rides prior to race day — that's about 20 return trips to Whistler.
- Runners will approximately cover a combined distance of 454,175 KM this year— approximately 49 times across Canada (9,306 KM)
- Since 1972, our runners have covered well over 6,000,000 kilometers—that's about 8 times to the moon and back, or 150 times around the Earth!
- 365 toilets
- 195 traffic control personals, 135 VPP Members, 150 Medical Team Members

## Marathon – Neighbourhood Bios

### **Cambie (KM 1 to KM 2)**

The Cambie Heritage Boulevard is composed of a linear central median planted with approximately 450 trees, with two flanking one-way streets and street edge boulevards, that runs between King Edward Avenue in the north to Southwest Marine Drive in the south. The Cambie Street corridor is a major northsouth transportation corridor for both private and public modes of transportation. The central median is known as the Cambie Heritage Boulevard.

### **Kerrisdale (KM 2 to KM 7)**

Kerrisdale is an elegant neighbourhood in the Southwestern area of Vancouver, with a popular shopping district, lots of cool restaurants, parks, and a mix of older and newer homes. BMO Vancouver Marathon runners will get to run through this classy neighbourhood, located on the shoreline of the mighty Fraser River.

### **Dunbar (KM 7 to KM 12)**

Dunbar is a quiet, family-oriented residential area, with many small shops and restaurants. Streets are lined with large trees, adding to this neighbourhoods family-friendly atmosphere. BMO Vancouver Marathon runners will be charmed by this friendly neighbourhood as they run towards UBC.

### **UBC (KM 12 to KM 22)**

With over 40,000 students and 9,000 faculty and staff, the University of British Columbia is a busy, youthful community. Surrounded by lush forest and ocean, UBC offers numerous recreational activities in a great campus setting. BMO Vancouver Marathon runners will run along the forest surrounding the UBC campus, breathing in the fresh ocean air.

### **Point Grey (KM 22 to KM 25)**

Known for Jericho beach and Spanish Banks, Point Grey is a sophisticated neighbourhood near UBC and Kitsilano, with views of downtown Vancouver and the North Shore Mountains. Runners will be inspired by the breathtaking views of the ocean and mountains as they run through this neighbourhood.

**Kitsilano (KM 25 to KM 29)**

Home to Kits Beach, and the bustling Streets of West 4th Ave and West Broadway, Kitsilano is a hip neighbourhood with a laid back atmosphere. Its many parks, restaurants, cafes, and specialty retailers attract young people from all over the city. Runners will feel their stresses melt away as they look over English Bay towards downtown Vancouver, running along the shoreline.

**West End (KM 30 to 32)**

Situated in the downtown core and next to Stanley Park, the West End is the best of both worlds. From fine dining to beach volleyball at English Bay, this neighbourhood offers a variety of activities for all Vancouverites. BMO Vancouver Marathon runners will get to run through this neighbourhood and along English Bay before entering Stanley Park.

**Stanley Park (KM 32 to KM 41)**

With hectares of wildlife surrounded by ocean, Stanley Park is Vancouver's largest and most famous urban park. Bordering on downtown Vancouver, Stanley Park is a West Coast Rainforest minutes from the city. The iconic seawall surrounding the park is a popular running, walking, and biking route, while the beaches are a great place to relax on a sunny day. There are also many other adventures to be had in this park. Stanley Park will provide runners with their last boost of oxygen before they enter downtown Vancouver for the last stretch before the buzzing Finish Line!

**Downtown (KM 41 to KM 42)**

Situated on a peninsula, downtown offers Vancouverites numerous sports venues, art galleries, hip restaurants, trendy shops, and a vibrant nightlife. As the primary business district surrounded by residential communities, Downtown is always a happening place. The BMO Vancouver Marathon races will have an exciting Finish Line in the downtown core, with people from all over the Lower Mainland flocking to the city to cheer on runners and join the festivities.

## Half Marathon – Neighbourhood Bios

**Cambie (KM 1 to KM 3)**

The Cambie Heritage Boulevard is composed of a linear central median planted with approximately 450 trees, with two flanking one-way streets and street edge boulevards, that runs between King Edward Avenue in the north to Southwest Marine Drive in the south. The Cambie Street corridor is a major north-south transportation corridor for both private and public modes of transportation. The central median is known as the Cambie Heritage Boulevard.

**Chinatown (KM 4 to KM 7)**

The third largest Chinatown in North America, Vancouver's Chinatown is rich with exotic cuisine, vibrant culture, and bold colours. Chinatown is known for its colourful festivals and parades, as well as the beautiful Dr. Sun Yat-Sen Classical Chinese Garden. Runners will feel transported to Asia while running through the beautiful streets of Chinatown.

**Yaletown (KM 7 to KM 10)**

Previously a Warehouse district, Yaletown has been transformed into a trendy and upscale neighbourhood bordering on the downtown core with a waterfront view of False Creek. Yaletown features numerous restaurants and bars, revitalizing yoga studios, and chic fashion and design shops. BMO Vancouver Marathon runners will be energized as they pick-up on the hip vibe of Yaletown.

**West End (KM 10 to KM 12)**

Situated in the downtown core and next to Stanley Park, the West End is the best of both worlds. From fine dining to beach volleyball at English Bay, this neighbourhood offers a variety of activities for all Vancouverites. BMO Vancouver Marathon runners will get to run through this neighbourhood and along English Bay before entering Stanley Park.

**Stanley Park (KM 12 to KM 20)**

With hectares of wildlife surrounded by ocean, Stanley Park is Vancouver's largest and most famous urban park. Bordering on downtown Vancouver, Stanley Park is a West Coast Rainforest minutes from the city. The iconic seawall surrounding the park is a popular running, walking, and biking route, while the beaches are a great place to relax on a sunny day. There are also many other adventures to be had in this park. Stanley Park will provide runners with their last boost of oxygen before they enter downtown Vancouver for the last stretch before the buzzing Finish Line!

**Downtown (KM 20 to KM 21)**

Situated on a peninsula, downtown offers Vancouverites numerous sports venues, art galleries, hip restaurants, trendy shops, and a vibrant nightlife. As the primary business district surrounded by residential communities, Downtown is always a happening place. The BMO Vancouver Marathon races will have an exciting Finish Line in the downtown core, with people from all over the Lower Mainland flocking to the city to cheer on runners and join the festivities.

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12 neighbourhoods, 6 beaches, 3 parks.

**Neighbourhoods:**

- Cambie
- False Creek
- Chinatown
- Yaletown
- Kerrisdale
- Dunbar
- UBC
- Point Grey
- Kitsilano
- Westend
- Coal Harbor
- Downtown

**Beaches:**

- Spanish Banks
- Jericho Beach
- Kits Beach
- Sunset Beach
- English Bay
- Third Beach

**Parks:**

- Queen Elizabeth Park
- Pacific Spirit Park
- Stanley Park

## Insider Stories

### Event Stories

#### **Historic Vancouver Marathon Will Celebrate its 45th year on May 1st 2016**

Vancouver's only marathon started in 1972 when Tom Howard of Surrey, BC, led a handful of marathon runners around five loops of Stanley Park to complete the first "British Columbia Marathon". Now set to celebrate its 45th year on May 1st 2016, the BMO Vancouver Marathon has grown into one of Canada's greatest running events with races for everyone including a Marathon, Half Marathon, Relay, 8KM race, Kids Run and new 2.5KM Walk.

#### **BMO Vancouver Marathon to host BC Half Marathon Championships on May 1, 2016**

The fast 21.1KM Half Marathon at the BMO Vancouver Marathon was selected by BC Athletics as one of British Columbia's best road races and will now play host to the BC Half Marathon Championships on May 1, 2016.

#### **BMO Vancouver Marathon gets approval for road closures**

Vancouver's only marathon will celebrate its 45th year in 2016 with a new traffic control plan that will allow runners of the BMO Vancouver Marathon to race uninterrupted at key junctures.

#### **Goal setting taken to a new level at the BMO Vancouver Marathon**

The BMO Vancouver Marathon is giving runners extra incentive to set and exceed their 2016 personal goals at the event's 45th year by offering up free race registration to 45 runners who 'Meet or Beat' their estimated finish times.

#### **Anyone can be a champion at the BMO Vancouver Marathon**

The 'Races within the Race' program challenges runners to achieve personal and team goals, regardless of their fitness levels and race distance. Runners will have an opportunity to win prizes for achieving their own personal goal times, and can win with other fun initiatives.

#### **Runner from over 50 countries signed up for the 45<sup>th</sup> Vancouver Marathon**

Runners from over 50 countries have already signed up to run the 45th annual Vancouver Marathon on May 1, 2016, proving the event continues to have international appeal.

#### **BMO Vancouver Marathon partners with a dozen new Sport Tour Operators**

The number of Sport Tour Operators partnered with the BMO Vancouver Marathon has grown from 16 to 28 in the last year as global interest in Vancouver's marathon weekend continues to grow.

#### **BMO Vancouver Marathon ranked Top 10 international clean-air race**

In a new study comparing the air quality of the largest 158 marathons in the world, the BMO Vancouver Marathon ranked a "Top 10 international clean-air race" at 8th overall. The BMO Vancouver Marathon was awarded a near-perfect 0.4 air pollution index score, on a scale between 0 (for perfectly clean air) to 10; the province of British Columbia boasted the best air race quality in all of Canada.

#### **'Legacy Talks' video profiles 45th year of Vancouver Marathon**

To help commemorate the historic 45th year of Vancouver's only Marathon, a new 'Legacy Talks' video series is released, interviewing those who have played key roles in helping grow the event from its early beginnings – with 32 runners in the inaugural year of 1972 – to an event that looks to welcome 15,000 – 17,000 runners from over 50 countries in 2016.



**Commitment pays off for Vancouver's most seasoned runners**

Over 100 individuals with the incredible accomplishment of finishing 15 or more Vancouver Marathons, Half Marathons or 8KM races will be honoured in the BMO Vancouver Marathon Legacy Club. Exclusive benefits will be given to all registered Legacy Runners at the next BMO Vancouver Marathon on May 1st, 2016.

**Run4Hope aims to raise \$500,000 for charity at the BMO Vancouver Marathon**

The Run4Hope program at the BMO Vancouver Marathon has secured 42 charities for the event's 45<sup>th</sup> year with an ambitious goal to help runners raise \$500,000 for numerous local and international causes by May, 1<sup>st</sup> 2016.

**RUNVAN® Development Fund**

The Vancouver International Marathon Society has become a member of True Sport, joining a network of more than 3,400 other likeminded, Canadian sport organizations and supporters who believe that good sport can make a great difference. Through this special collaboration with True Sport Foundation, runners and/or other community supporters can donate to the Vancouver International Marathon Society's programs that support elite athlete development and help reduce barriers to the sport for disadvantaged populations.

**RUNVAN® Speaker Series to prepare runners for 2016 BMO Vancouver Marathon**

The RUNVAN® Speaker Series helps runners prepare for the 2016 BMO Vancouver Marathon by offering expert presentations from SportMedBC.

**Free Stanley Park Beer at Mahony & Sons for RUNVAN® runners**

All BMO Vancouver Marathon, Granville Island Turkey Trot and Fall Classic runners 19+ receive a free Stanley Park Beer when they present their race bib at any Mahony & Sons location.

**Forbes Travel again ranks BMO Vancouver Marathon 'Top Marathon Worth Traveling For'**

Vancouver again ranks among the world's best. Forbes Travel has placed the BMO Vancouver Marathon alongside Big Sur, London, Rio de Janeiro, the Great Wall of China, Rome and Paris, as one of the 12 'Top Marathons Worth Traveling For'. Welcoming thousands of international runners and showcasing Vancouver's stunning scenery, the BMO Vancouver Marathon represents as Canada's top destination race.

**BMO Vancouver Marathon named a "perfect destination race vacation"**

Canada's national running magazine has named the BMO Vancouver Marathon one of "Canada's Gold Label Races". Canadian Running Magazine selected the BMO Vancouver Marathon as a top-eight "perfect destination race vacation" and is the only race to make the list from Vancouver, BC.

**BMO Vancouver Marathon wins Readers' Choice Awards with Get Out There Magazine**

For the second year in a row, the BMO Vancouver Marathon is named 'Best Marathon in Western Canada' by Get Out There Magazine readers.

## Run4Hope Stories

### **Cancer survivor's journey with Team in Training**

(Scott Kehoe, Richmond, BC, Half Marathon, Bib #11160, EFT 8:45am)

Scott Kehoe was diagnosed with Acute Promyelocytic Leukemia five years ago. Now he is living life as a cancer survivor and plans to conquer the 2016 BMO Vancouver Marathon with Team in Training. Here's Scott story from last year: "I had this amazing group of five other individuals and close friends who did it with me. Some of these people are very elite level runners, and they omitted their own personal goals that very day on the run itself and they ran by my side. When there was a period in the race where I struggled, and I had some issues, and I had to stop and walk. They said we're all doing this together. We all held hands as we crossed the Finish Line."

### **Devastated by the loss of her mother to cancer, Team in Training member decides to fight back**

(Jacqueline Duncan, Qualicum Beach, BC, Marathon, Bib #9371, EFT 2:30pm)

"[In] 2011 my life changed forever, my mother died, just a few weeks after her diagnosis of acute myeloid leukemia. Devastated by the loss I wanted to do something to fight back. I decided I would run the BMO Vancouver Half Marathon in May 2012 and raise funds for the Leukemia and Lymphoma Society of Canada."

### **The Run4Hope program assists Canuck Place to provide for families**

With the help a caring community and supporters like BMO Vancouver Marathon and its RUN4HOPE charity program, Canuck Place is able to provide children and families like the Letchers the clinical care program and support they need to continue their journey and celebrate each moment together.

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### **Run4Hope aims to raise \$500,000 for charity at the BMO Vancouver Marathon**

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## RUNVAN® Ambassadors Stories

More than just long-term runners of the BMO Vancouver Marathon, RUNVAN® Community Ambassadors are leaders in Vancouver who embody the Society's mission, vision, and values. Elite and recreational runners, business leaders, or local heroes, these superstars find joy in motivating and inspiring others through running. They're also comfortable with public speaking and tend to be regulars at our running events throughout the year.

New this year, a roster of five young eager and passionate runners launched the RUNVAN® Youth Ambassador Program. From ages 17 – 19, the RUNVAN® Youth Ambassadors are out in Vancouver and North Vancouver schools engaging their peers to join in with them to conquer fitness goals.

### RUNVAN® Youth Ambassadors

#### **Nikola Maeda (North Vancouver) – Lived in Japan and Russia, now looking to conquer Vancouver**

(Marathon, Bib #535, EFT 11:40am)

Nikola is an 18 year old high school student from Japan and Russia at an international high school. He grew up in Russia until he was six years old and moved to Japan for the next ten years.

#### **Michelle Lam (Vancouver) – Global Stewardship student (8KM, Bib # 30110, EFT 12:40pm)**

Michelle is a current Global Stewardship student at Capilano University. Michelle ran her first Vancouver race in 2015, during her last year of high school, joining the 8KM along with fellow members of the run club at Templeton Secondary.

#### **Cecilia Nguyen (Vancouver) – Running improved her asthma condition (8KM, Bib #30493, EFT 12:50pm)**

Cecilia Nguyen was born with asthma and over the years it continued to get worse. She was told that running on a consistent basis would help to improve her asthma and thus, decided to make this change in her life. Cecilia increasingly gained interest in running and it has become a big part of her life.

#### **Jesse Costucci (Vancouver) – 18 year old actress, motivational speaker and outdoor enthusiast**

(Marathon, Bib #9368, EFT 1:30pm)

Her mother is her inspiration for running. She passed away shortly before Jesse ran her first marathon and was with her in spirit every step of the way. Her current goal is to run a marathon on each continent before she turns 25.

#### **Pavel Savinykh (North Vancouver, BC, Marathon, Bib #822, EFT 12:00pm)**

### RUNVAN® Ambassadors

#### **Kate Inch (Vancouver) – Recreational Enthusiast (Half Marathon, Bib #24805, EFT 8:45am)**

Kate is a Science and PE teacher at Templeton Secondary School in East Vancouver. A recreational enthusiast, Kate loves to be outdoors running, mountain biking or skiing on the trails around Vancouver. Enjoying a healthy active lifestyle is something Kate works to promote with her students, and for the last 2 years, she and a group of youth have participated in the School Challenge event at the BMO Marathon.

#### **Jennifer Black (Whistler) – Mother, teacher, yoga and running enthusiast (Half Marathon, Bib #24819, EFT 9:00am)**

Jennifer's first marathon was in 1997 in Vancouver and she has run 21 marathons all over the world, including New York, Paris, London and Tokyo. She has run the Vancouver Marathon four times. Jennifer embraces new challenges and has recently taken up road cycling, but always goes back to her first sporting love, running.

**Nikkita Nair (Vancouver) – Running Route Curator at RunGo (Half Marathon, Bib #24816, EFT 9:00am)**

Originally from Singapore, Nikkita is currently based in Vancouver where she is finishing up her degree in International Relations. Having a passion for a variety of things from learning languages to travelling, Nikkita started running 3 years ago initially as a way to keep fit.

**Craig McMillan (North Vancouver) – World-traveller who always packs his running shoes**

(Marathon, Bib #18, EFT 11:05am)

Craig grew up in South Africa and subsequently lived in the UK and Australia before arriving in Vancouver in 2006. Craig has always loved running. He has finished 26 marathons, a few ultras, and 5 Ironman triathlons. His current marathon PB is 2:33:05 (Chicago 2009) and he admits that he's still searching for ways to get under 2:30 before he gets "too old."

**David Papineau (Vancouver) – Local leader and passionate RUNVAN® Ambassador (Marathon, Bib #9306, EFT 11:30am)**

David ran his first marathon in Vancouver ten years ago and has now completed 29 marathons. David will be running the BMO Vancouver Marathon again this year as a Running Room pace bunny. His current goal is to run his 50th marathon on his 50th birthday in the fall of 2018.

**Mike Hsiao (Vancouver) – Aims to run 100 races before he turns 25 (Marathon, Bib #9305, EFT 11:30am)**

His running journey began in the emergency room, one December night in 2012. He was 19 at the time, borderline obese, stressed from personal life, student life and suffering from the non-alcoholic fatty liver disease ((NAFLD) which he had been diagnosed with at the age of 12. He never took his body seriously at the time until he was clinging for life.

**Greg Burnham (Vancouver) – The 2016 Vancouver Marathon will mark his 11<sup>th</sup> full marathon**

(Marathon, Bib #9316, EFT 12:00pm)

Greg discovered running late in life and is working hard to make up for lost time. And as good as running is, racing is even better. Everything from 5KM to 50 miles: road, trail, or cross-country - if there's a timing mat and a bib, odds are he's there. Greg's first marathon was here in Vancouver in 2010 and he's run either the marathon or the half every year since.

**Neil Wakelin (North Vancouver) – Former Running Room Area Manager and Legacy Runners Club member**

(Marathon, Bib #40014, EFT 12:00pm)

Neil ran his first Vancouver Marathon back in 1975. He has since participated in 150 marathons, celebrating his 150<sup>th</sup> marathon run at last year's BMO Vancouver Marathon. In 2004, Neil completed a huge goal by running his 100th marathon at the Vancouver International Marathon after running 12 marathons in 12 months to achieve this goal.

**Chris Seto (Vancouver) – Lost over 80lbs, started running marathons 5 years ago (Marathon, Bib #9323, EFT 12:15pm)**

After losing more than 80 pounds, Chris ran his first marathon in Kelowna five years ago. He has now completed 15 marathons, 12 half marathons since he started running in 2011. His current marathon personal best is 3:47:12 at the 2013 Victoria Goodlife Fitness Marathon. In 2015, Chris achieved his goal of becoming a Marathon Maniac, Half Marathon Fanatic, and Double Agent at the same time.

**David Branson (Seattle, WA) – Medical IT Business development professional with a passion for running**

(Marathon, Bib #9328, EFT 12:15pm)

David is currently living in Seattle, WA. He has run half marathons in Victoria, Vancouver and Seattle. In fact David likes to combine his hobbies and often travels for running and cycling events. He finds going to new locations only deepens the enjoyment and keeps things fresh.

**Kaella Carr (Lethbridge, AB) – CTV news reporter (Alberta) (Half Marathon, Bib #24844, EFT 12:25pm)**

Kaella is a CTV news reporter and single mom to her three-year-old son London. She grew up in the Lower Mainland but now calls Lethbridge, Alberta home. Kaella began running in 2012 as a new mom struggling to lose the baby weight. On her first attempt, she made it thirty seconds before she had to walk. She kept at it and quickly fell in love with how it made her feel. She completed her first race, a 10K, 5 months after London was born.

**Greg Herringer (Vancouver) – Running his 10<sup>th</sup> Marathon** (Marathon, Bib #9341, EFT 12:30pm)

Greg has enjoyed running since 2006, and ran the BMO Vancouver Marathon for the first time in 2012. He has since participated in over 100 running races, and the 2016 BMO Vancouver Marathon will mark his 10<sup>th</sup> marathon. He is an IT consultant with a passion for road and trail running.

**Jennifer Ruffelle (Vancouver) – Community Engagement Coordinator** (Marathon, Bib #9340, EFT 12:30pm)

Jenn ran her first marathon in Walt Disney World, Florida when she was a 19 year old “Cast Member” at Epcot, and was hooked; she has since run 7 marathons, about twice as many halves, and countless other runs. Her current goal is to reach that magical point when her age bracket will cooperate with her finishing time, allowing her to qualify for Boston.

**Justin Bonzo (Vancouver) – Lost over 100lbs and kept it off by running, now a marathon clinic leader**

(Marathon, Bib #9337, EFT 12:30pm)

Justin began running 5 years ago after losing 100lbs and changing his life around. In October 2011, Justin ran his first race, which also happened to be his first marathon. Now a marathon clinic leader at The Running Room, inspiring others and always smiling, Justin has run over a dozen marathons.

**Siobhan McCormick (Vancouver) – Avid supporter of the sport of running** (Relay, Bib #9720, EFT 12:30pm)

Siobhan’s ran her first Vancouver Marathon in 2009. She committed to run the event after being encouraged by two of her running buddies. They were all gung-ho after completing the Victoria Half Marathon in October 2008, and convinced Siobhan that they had to complete a Marathon next.

**Nikki Scott (Surrey) – Told she would not be able to run again, Nikki beat the odds** (Marathon, Bib #9345, EFT 12:35pm)

In 2005, Nikki was seriously injured in a car accident and told she would not be able to run again. After years of therapy, she was ready to start getting her life back and joined a local clinic to give running a try. She has since completed more than 20 half marathons plus a half dozen marathons and ultra marathons.

## RUNVAN® Legacy Club Stories

Over 100 individuals with the incredible accomplishment of finishing 15 or more Vancouver Marathons, Half Marathons or 8KM races will be honoured in the BMO Vancouver Marathon Legacy Club. Exclusive benefits will be given to all registered Legacy Runners at the BMO Vancouver Marathon on May 1st, 2016.

### Featured Legacy Club Members

**Raymond Chau (Burnaby) – Legacy Club (20+)** (Half Marathon, Bib #40005, EFT 8:59am)

“Running gives me a personal space to connect my body, my mind, and the environment. I can find inner peace and creative inspirations when thinking within this unique space,” says Chau. Favourite things about the Vancouver Marathon: “Clean air, fun route, and it’s in my neighborhood.”

**Husband & Wife Legacy Runners from Alberta (25+)** (Half Marathons, Leith: Bib #25001, EFT 9:10am. Joan: Bib #25002, EFT 9:35am)

Leith and Joan Campbell have been running marathons together since 1983 and each has run over 25 Vancouver Marathons. For the past several years, the couple from St. Albert have escaped Alberta’s cold winters to train in La Quinta, California. The husband and wife team run the BMO Vancouver Marathon or Half Marathon now every year to escape the Alberta winters.

**Robin Dickinson (Vancouver) – 2016 Marathon will be his 33<sup>rd</sup> Vancouver Marathon race! (25+)**

(Half Marathon, Bib #25003, EFT 10:00am)

Robin ran his first marathon in 1984 with a time of 2:58. Since that race, Robin has run the Vancouver Marathon event consistently, with an event best time of 2:55. “My motivation is simple, I run 6 days a week and then the payback is running the Vancouver Marathon.”

**Lori Wong (Vancouver) – Super Marathon Mom (25+) (Marathon, Bib #25004, EFT 12:00pm)**

By the time she turned 50, she had run 50 marathons. By the time she turned 60 (in 2013), she had run 100 marathons. Lori ran her 100<sup>th</sup> Marathon in Vancouver. In 1992, Lori delivered her son, Bret, 8 weeks before the race on May 3<sup>rd</sup>. “I can totally remember the feeling of crossing the finish line and having my family greet me. I had just given birth two months earlier and there was my husband handing me back my 8-week old son, along with my two teenage boys.”

**Neil Wakelin (North Vancouver) – Legacy Club (20+) (Marathon, Bib #40014, EFT 12:00pm)**

Neil ran his first Vancouver Marathon back in 1975. He has since participated in 150 marathons, celebrating his 150<sup>th</sup> marathon run at last year’s BMO Vancouver Marathon. In 2004, Neil completed a huge goal by running his 100th marathon at the Vancouver International Marathon after running 12 marathons in 12 months to achieve this goal.

### Estimated Finish Times for Insider Stories

EFT	Bib #	Participant	Story	Event	Corral
8:45	11160	Scott Kehoe	Run4Hope – Team in Training – Cancer Survivor	Half	yellow
8:45	24805	Kate Inch	RUNVAN® Ambassador	Half	yellow
8:45	11280	Linda Quinteros	Saucony Team	Half	yellow
8:50	11822	Carla Quinteros	Saucony Team	Half	yellow
9:00	24819	Jennifer Black	RUNVAN® Ambassador	Half	blue
9:00	24816	Nikkita Nair	RUNVAN® Ambassador	Half	blue
9:10	25001	Leith Campbell	Legacy – 25+ Vancouver Marathons with spouse	Half	blue
9:30	25002	Joan Campbell	Legacy – 25+ Vancouver Marathons with spouse	Half	pink
9:30	19086	Christine Cooper	BMO Executive – Head of corporate Finance	Half	pink
9:45	24842	Cathy Beaumont	RUNVAN® Ambassador	Half	purple
10:00	25003	Robin Dickinson	Legacy – Ran over 25+ Vancouver Marathons	Half	purple
10:10	30493	Cecilia Nguyen	RUNVAN® Youth Ambassador – running helped her asthma	8KM	teal
10:20	30110	Michelle Lam	RUNVAN® Youth Ambassador – Global Stewardship Student	8KM	teal
10:20	32649	John Condon	Saucony Team	8KM	teal
11:30	9305	Mike Hsiao	RUNVAN® Ambassador	Marathon	orange
11:30	9306	David Papineau	RUNVAN® Ambassador	Marathon	orange
11:30	9368	Jesse Costucci-Phillips	RUNVAN® Youth Ambassador – runs for her mother who passed away	Marathon	orange
12:00	9316	Greg Burnham	RUNVAN® Ambassador -	Marathon	orange
12:00	40014	Neil Wakelin	Legacy Runner	Marathon	orange
12:15	40013	Mark Shorter	Legacy Runner	Marathon	black
12:15	9323	Chris Seto	RUNVAN® Ambassador – lost over 80lbs	Marathon	black
12:15	9328	David Branson	RUNVAN® Ambassador – from seattle	Marathon	black
12:18	2573	Matthew Lamothe	Saucony Contest Winner	Marathon	black
12:24	24844	Kaella Carr	RUNVAN® Ambassador – Lethbridge CTV anchor	Marathon	black
12:30		Siobhan McCormick	RUNVAN® Ambassador – avid supporter of running	Marathon	red
12:30	9341	Greg Herringer	RUNVAN® Ambassador	Marathon	red
12:30	9340	Jennifer Ruffelle	RUNVAN® Ambassador	Marathon	red
12:30	9337	Justin Bonzo	RUNVAN® Ambassador –	Marathon	red



			lost over 100lbs		
12:30	4534	Mike Suzuki	BMO Executive – Head of Divisions Operations	Marathon	red
12:35	9345	Nikki Scott	RUNVAN® Ambassador – told she would never run after car accident	Marathon	red
1:30	9304	Nikola Maeda	RUNVAN® Youth Ambassador – from Japan & Russia	Marathon	brown
2:30	9371	Jacqueline Duncan	Run4Hope – Team in Training – runs for her mother who she lost due to cancer, want to fight cancer back	Marathon	brown
n/a	25004	Lori Wong	Legacy – Ran over 25+ Vancouver Marathons	Marathon	brown



RUNVAN® Legacy Club List

Buse, Calvin	Edworthy, Karin	Preedy, Mel	Lobo, Edward	Coates, Henny
Covell, Jean	Harvey, Peter	Sato, Hiromasa	Mahoney, Jon	Wong, Lori
Feng, Barry	Heath, Joseph	Sue, Alec	Nash, Caedmon	Dickinson, Robin
Hampton, Mark	Holmes, Violet	Symchuk-Brown, Sheila	Stebner, Frank	Campbell, Joan
Horton, Phil	Homenchuk, Albert	Thorndike, Paul	Waldron, Valerie	Campbell, Leith
Johnson, Tommy	Howard, Rhys	Tom, Albert	Weipprecht, Raymond	
Keatley, Roger	Irwin, Lilia	Wakelin, Trevor	Albrino, Manny	
Kelly, Joe	Jacobsen, Martina	Walters, Lynn	Kirkpatrick, David	
Kikuchi, Yuji	Lang, John	Watanabe, Tommy	Louie, Catherine	
Ma, Patrick	Lee, Richard	Watanabe, Toshinori	Richard, Carrie	
Mann, John	Lee, Simon	Whitworth, Dave	Campo, Brian	
Mastai, Moshe	Marshall, Lorna	Wright, Dianne	Chang, Bill	
Mckenna, Ross	Piers, Andrew	Yoshikatsu, Inoue	Fagan, Evan	
Montgomerie, John	Robinson, Brent	Young, Agnes	Mizugaki, Kahoru	
Palm, Mae	Robinson, Phil	Ballard, Peter	Regan, Dan	
Rempel, Henry	Stelfox, Norm	Chow, Rod	Shibata, Takahito	
Ruhland, Mike	Tom, Harvey	Cornish, Jim	Taylor, George	
Smith, Rick	White, Mark	Crerar, David	Wong, Nancy	
Taylor, Susan	Wright, Don	Lawrence, Jerry	Cameron, Janice	
Tischler, Aron	Chew, Bo	Rambo, Jake	Blaney, Leigh	
Topley, Colin	Coulthard, Richard	Sato, Haruo	Bonner, Kenneth	
Webster, Shelley	Edworthy, Ingrid	Saunders, Bill	Shorter, Mark	
Barker, John	Ellis, Tony	Shiu, Simon	Wakelin, Neil	
Neave, Irene	Green, Janet	Ament, Walter	Chau, Raymond	
Nelsen, Harvey	Joyce, Greg	Hait, Wes	Coady, Yvonne	
Barrios, Hector	Kirste, Dieter	Sellers, Gilda	Horsfield, Dave	
Batsford, Carmen	Larrigan, Ruth	Chow, Reg K.	Hung, Phoebe	
Beaman, Bonnie	Lee, Eugene	Church, Paul	Cameron, Murray	
Carter, John	Miya, Ray	Gooch, Dean	Pepe, Lucy	
Chow, Larry	Murphy, John	Lee, Stephen	Peters, Carol	

## Entertainment Groups

34 Bands and Entertainment Groups to play at the 2016 BMO Vancouver Marathon

Soulful folk duos, upbeat rockabilly, Brazilian percussion, and lively jazz are just some of the musical experiences runners and spectators will have access to at the 2016 BMO Vancouver Marathon.

The entertainment groups performing at the 2016 BMO Vancouver Marathon are talented and diverse. Some of the highlights of this year's musical lineup include Top Line Vocal Collective\*, a one-of-a-kind choral group, Bloco Energia\*, a high-energy group of drummers with a passion for Brazilian music, and Coldwater Road, Vancouver-based folk band. These performances and many more groups will motivate runners on Race Day.

Entertainment groups include:

**Carnival Band** (Pacific Blvd & BC Place Gate D, 7am – 8:15am)  
A community music project to move a community towards peaceful and positive social change – playing a wide range of genres from samba to klezmer.

**Drum Syndicate** (Chinatown, Columbia & Keefer, 7am – 8:30am)  
A high-energy percussion trio, Drum Syndicate with influences from Africa, Brazil and Cuba. Part concert, part workshop, Drum Syndicate will invite the audience to join in the excitement.

**JennaMae** (Yaletown, Beach Ave & Howe, 7:15am – 9am)  
A singer-songwriter from Calgary, Alberta, her sultry, R&B, folk sound is intended to “inspire and create atmospheres of love.”

**Alex Balanko** (Westend, Beach Ave & Gilford St, 7:30am – 10am)  
Smooth rhythm and soft vocals.

**\*Coldwater Road** (West End, Second Beach Poo, 7am-10am)  
Driven by country blood. Lyrical folk songs with cowboy tendencies.

**Solontra** (Stanley Park, Pipeline Rd, 7:30am – 10:15am)  
Powerful vocal trio, creating a soulful Pop and R&B sound. Vancouver-based with strong harmonies and edgy vibe.

**The Scary Lizards** (Stanley Park, Pipeline Rd, 7:30am – 11am)  
Upbeat rhythm and blues dance music with a rockin' set.

**Barb Sorensen** (Stanley Park Totem Poles, 7:45am – 11am)  
A folk singer with an acoustic guitar.

**The Brass Action** (Stanley Park Rowing Club, 7:45am – 11am)  
High-energy, with their own brand of brasspunk. This unique 6-piece group mixes ska-punk with rockabilly and a bit of reggae to get the crowd dancing.

**Fiddlin' Frenzy** (Kerrisdale, SW Marine & Dunbar, 8:30am – 10am)  
Kai and Lia are the brother and sister duo behind Fiddlin' Frenzy, the fiddling and clogging duet that has taken over the Canadian fiddle scene.

**Dear One** (Dunbar, Camosun St & W 33rd Ave, 8:45am – 10:15am)  
Josh Petersen and Cally Delorme are the folk duo with a collaboration of blues and folk. Soulful melodies and lively tunes has resulted in a country vibe similar to Mumford & Sons.

**\*Bloco Energia** (Dunbar, W 16th & Trimble, 9am – 11:15am)  
High-energy group of drummers playing world rhythms with a Brazilian flair. A percussion collective.

**Monkeybar** (UBC, NW Marine Dr & Stadium Rd, 9am – 11:30am)  
Bar band rock duo taking inspiration from Neil Young and Radiohead, they cover classics.

**Freddy Fuddpucker** (NW Marine Dr & Foreshore Park, 9:15am – 12pm)  
Freddy's 9-15 piece band out of North Vancouver combines comedy with upbeat music to get the audience moving and excited.

**The Fire Bottles** (Kits, NW Marine & Sasamat St, 9:30am – 12:15pm)  
You may have seen this rockabilly trio playing in Gastown. They combine authentic covers of rock hits with a mix of originals.

**Liam Sturgess** (Kits, W 4th & NW Marine, 9:30am – 12:30pm)

A 19-year-old who combines acoustic folk with a modern alternative genre to create a unique experience drawing inspiration from artists such as Coldplay and Linkin Park.

**Freedom 95** (Kits, Arbutus & Cornwall, 9:45am – 1pm)

One of Vancouver's top cover bands plays fan favourites with their own unique spin.

**The BC Trees** (Westend, Beach Ave & Gilford St, 10am – 1:45pm)

Transcending the hip-hop genre by infusing solid beats and bass lines with socially conscious lyrics.

**Persons of Interest** (Westend, Second Beach Pool, 10am – 1:45pm)

Fun, upbeat music. Playing an eclectic blend of musical styles, they love to find fans who will get up and dance with them to their mix of rock and roll, R&B, pop and country.

**Creole Jazz Band** (Stanley Park, Third Beach, 10am – 2:45pm)

Transport yourself to New Orleans with the Creole Jazz Band's early jazz music inspired by Louis Armstrong, King Oliver, and others.

**Chicken-Like Birds** (Stanley Park, Lumberman's Arch, 11am-3pm)

A sweet and silly duo, with an acoustic guitar, a double-bass, and a suitcase, these two bring their twist on sloppy blues-ragtime-folk.

**Downtown Riot** (Stanley Park, across from Totem Poles, 11am-3:15pm)

Vancouver-based, producing original rock music with their own twist that is Classic with a little Indie, and a peppering of Blues for good measure.

**\*Top Line Vocal Collective Choir** (Stanley Park, Chilco in Devonian Harbour Park, 11am – 3:30pm)

An exclusive one-of-a-kind choral group, built on the foundation of harmony, rhythm, and fun. This non-denominational, community-based vocal ensemble showcases 40 of Vancouver's most celebrated voices through the sounds of pop, traditional and contemporary R&B, soul and classic gospel.

Other entertainment stations include:

**CTV** (Downtown, W Pender & Hamilton, 7:15am-8:45am)

**ValleyFire** (Stanley Park, Water Pak/Lumberman's Arch, 7:30am-11am)

**Cole Friesen** (Kerrisdale, W 49th Ave & Maple St, 8:30am-9:45am)

**Jade Mooking** (Dunbar, W 29th & Camosun, 8:45am-10:30am)

**Delta Drummers** (UBC, Blanca & W 13th Ave, 9am-11:15am)

**TSN Radio** (Kits, NW Marine Dr, Spanish Banks, 9:15am-12pm)

**Studio Cloud 30** (Stanley Park, Pipeline & Stanley Park Dr, 11am-2:45pm)

**94.5 Virgin Radio** (Coal Harbour, W Hastings & Thurlow, 8am-2pm)

**DJ Praiz** (Coal Harbour, W Hastings & Burrard, 8am-2pm)

**UBC CiTR Radio** (NW Marine Drive & Agronomy Rd, 9am-12pm)

**RoundHouse Radio** (W16th Ave & Cleveland Trail, 9am-12pm)

## Media Accreditation

To apply for Media Accreditation, please complete the online form at [bmovanmarathon.ca/media/media-accreditation/](http://bmovanmarathon.ca/media/media-accreditation/)

Only one submission per media outlet is necessary, but each staff member requesting a credential should be listed here. Please bear in mind that **credentials are limited**, and the Vancouver International Marathon Society reserves the right to grant final press area assignments. We anticipate a high-level of media interest, and space is limited.

Email [media@vanmarathon.ca](mailto:media@vanmarathon.ca) with any questions.

### Qualifications

Vancouver International Marathon Society provides media passes and credentials for the 2016 BMO Vancouver Marathon to the following:

- 1) Working Press: Individuals who are in the business of newsgathering as their primary source of revenue. Members of the working press are defined as those who are full-time, paid employees or representatives of known and established media organizations, including newspapers, magazines, wire services, television stations, radio stations, and websites. Membership in a writers' or broadcasters' association does not automatically qualify an agency or individual for accreditation.
- 2) Freelance Media: Journalists, photographers, videographers, bloggers or Internet reporters who are on a specific assignment from a known and established media organization.

Media credentials are not intended for those who sell photographs, footage, or images. Credentials will not be issued to those involved in commercial ventures, unless written consent and specific approval is obtained from the BMO Vancouver Marathon.

### Media Check-in

Photo ID will be required for pick-up of your Media Pass. You may pick-up media at the following times:

Health Sports & Lifestyle Expo, Vancouver Convention Centre West (1055 Canada Place)

North end of the Expo, near the window at the Vancouver International Marathon Society booth: #712

- **Thursday April 28** - 5:00pm-8:00pm
- **Friday April 29** - 2:00pm-8:00pm
- **Saturday April 30** - 10am-6pm

### Race Day

- **Start Line, Sunday May 1** - 6:30am-8:15am  
Midlothian Ave & Dinmont Ave.
- **Finish Line, Sunday May 1** - 7:00am-11:00am  
Coast Coal Harbour Hotel, Media Room, Floor 3

### General Policies

Accredited photographers, broadcast outlets, and special projects wishing to cover BMO Vancouver Marathon events will observe the following:

- 1) Be on assignment from recognised organization and use professional equipment.
- 2) Adhere to the assignments and restrictions enumerated prior to and specific to the event.
- 3) Obey all the instructions distributed during credential check-in.
- 4) Only use images or footage taken at an event, including those of athletes competing, for editorial purposes or for purposes outlined and documented in pre-race agreements.

In addition, the following rules must be observed:

- 1) No standing on course when runners are racing.
- 2) No crossing the drawn access line, unless permission is granted.
- 3) Keep a respectful distance in the event of a medical emergency.
- 4) No climbing fences, traffic or streetlight poles, trees, or other structures.
- 5) Respect and adhere to any directions or restrictions from BMO Vancouver Marathon organizers or security personnel. Their instructions are not subject to negotiation, appeal, or arbitration

### Media Tent at the Finish Line

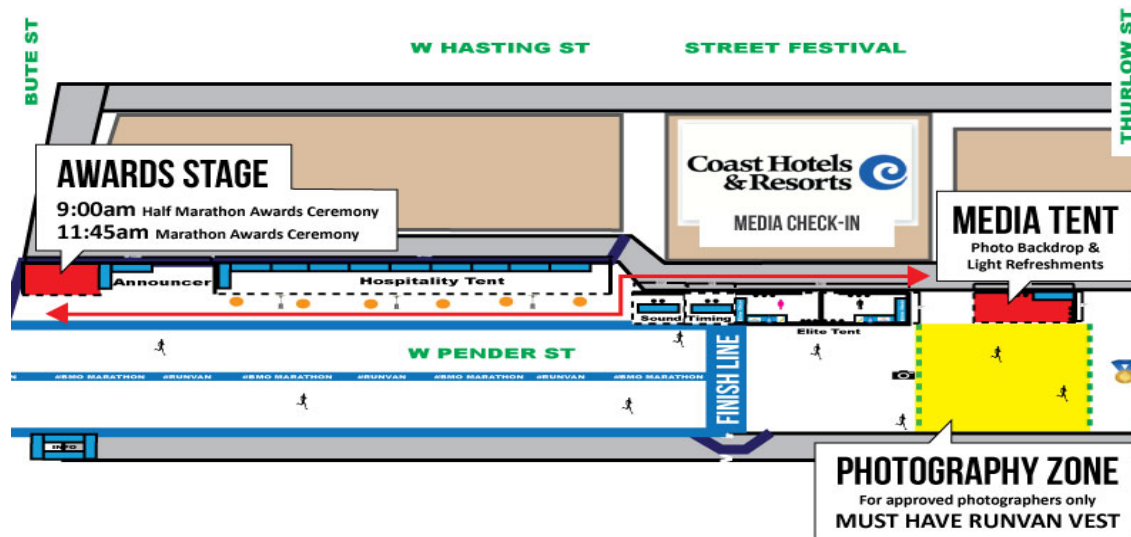
Media will be able to access the Media Tent with light refreshments near the Finish Line. If you want a specific story, please connect with a member of the Vancouver International Marathon’s Marketing & Communications Team, who will find your interview subject and provide story information as requested.

You will be able to conduct interviews and take photos at the Finish Line against the event backdrop located between the Elite Athlete Tent and Media Tent.

#### Photographers / Videographers

- At the Start Line, please do not enter onto the course. Photo opportunities are available along the sidewalk of Midlothian Ave. Photographers should never stand on any portion of the course while runners are competing.
- At the Finish Line, only approved photographers with a safety vest will be allowed into the Photography Area.

Photographers are to stay between the indicated chalk-lines, between the riser and medal presentation area. For the safety of all runners, please do not encroach beyond the marked line which is approximately 30 feet from the Finish Line.



Once Elite Athletes finish their race, they will be ushered to the Elite Tent to cool down and have a refreshment. Afterwards, they will be made available for interviews and brought over to the Media Tent for interviews, per request.

### Awards Ceremony

Media opportunities will also be available on the Awards Stage near the Finish Line, just a short walk from the Media Tent where the Top 3 Overall, Canadian and BC Athletes will be recognized.

- Half Marathon Awards Ceremony – 8:30am
- Marathon Awards Ceremony – 11:45am

## Expected Finish Times & Records

### Finish Line Bell Curve

Start	Projections			Total
	7:00am Half Marathon	8:30am Marathon	9:30am 8KM	
8:00	13			13
8:15	121			121
8:30	589			589
8:45	1242			1242
9:00	1719			1719
9:15	1665			1665
9:30	1120			1120
9:45	618		7	625
10:00	331		217	548
10:15	214		720	934
10:30	106		357	463
10:45	90	5	110	205
11:00	35	19	27	81
11:15	19	61	2	82
11:30	4	124		128
11:45		262		262
12:00	2	284		286
12:15		473		473
12:30		438		438
12:45		435		435
13:00		462		462
13:15		318		318
13:30		264		264
13:45		221		221
14:00		131		131
14:15		113		113
14:30		76		76
14:45		41		41
15:00		38		38
15:15		6		6
15:30		5		5
15:45		5		5
	7888	3781	1440	13109

*\*Based on 2014 race participation data. The majority of runners will race a 5KM-7KM pace.*

## Event, Course, Canadian Records – BMO Vancouver Marathon

### Marathon, BMO Vancouver Marathon

#### Event Records (Overall)

Gender	Current Record Holder	Country	Time	Year
Male	Garry Henry	Australia	2:13:14	1980
Female	Claudia Camargo	Argentina	2:35:50	2007

#### Course Records (Since 2012)

Gender	Name	Country	Time	Year
Male	Luka Chelimo	Kenya	2:18:37	2015
Female	Kimberley Doerksen	Canada	2:37:00	2014

#### Fastest Canadian

Gender	Name	Country	Time	Year
Male	Tom Howard	Canada	2:14:34	1974
Female	Kimberley Doerksen	Canada	2:37:00	2014

### Half Marathon, BMO Vancouver Marathon

#### Event Records (Overall)

Gender	Current Record Holder	Country	Time	Year
Male	Paul Kimugul	Kenya	1:02:36	2014
Female	Miina Ogawa	Japan	1:12:33	1996

#### Course Records (Since 2012)

Gender	Name	Country	Time	Year
Male	Paul Kimugul	Kenya	1:02:36	2014
Female	Jane Murage	Kenya	1:12:53	2015

#### Fastest Canadian

Gender	Name	Country	Time	Year
Male	Rob Watson	Canada	1:04:48	2015
Female	Dayna Pidhoresky	Canada	1:13:14	2015

## Canadian Records - National

### CANADIAN MARATHON RECORDS

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#### Canadian Men's Overall Marathon (All Time Ranking)

Rank	Name	Time	Race / Location	Race Date
1	Jerome Drayton	2:10:09	Fukuoka	Dec, 1975
2	Reid Coolsaet	2:10:29	Berlin	Sept, 2015
3	Dylan Wykes	2:10:47	Rotterdam	Apr, 2012
4	Peter Butler	2:10:56	California International	Dec, 1985
5	David Edge	2:11:03	Boston	Apr, 1983

#### Canadian Women's Overall Marathon (All Time Ranking)

Rank	Name	Time	Race / Location	Race Date
1	Lanni Marchant	2:28:00	Toronto	Oct, 2013
2	Krista DuChene	2:28:32	Toronto	Oct, 2013
3	Silvia Ruegger	2:28:36	Houston	Jan, 1985
4	Liudmila Kortchaguina	2:29:42	Ottawa	May, 2006
5	Jacqueline Gareau	2:30:58	Fukoka	Nov, 1980

### CANADIAN HALF MARATHON RECORDS

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#### Canadian Men's Overall Half Marathon (All Time Ranking)

Rank	Name	Time	Race / Location	Race Date
1	Jeffrey Schiebler	01:01:28	Tokyo	Jan, 1999
2	Simon Bairu	1:02:08	Philadelphia	Sep, 2010
3	Dylan Wykes	1:02:38	Tempe	Jan, 2012
4	Reid Coolsaet	1:03:16	Virginia Beach	Sep, 2011
5	Robin Watson	1:03:22	New York	Mar, 2013

#### Canadian Women's Overall Half Marathon (All Time Ranking)

Rank	Name	Time	Race / Location	Race Date
1	Lanni Marchant	1:10:47	Nashville	Mar, 2014
2	Natasha Wodak	1:11:20	New York	Mar, 2015
3	Tarah Korir	1:12:04	Cardiff	Mar, 2016
4	Tara Quinn-Smith	1:12:09	Montreal	Apr, 2009
5	Rachel Hannah	1:12:25	Toronto	Oct, 2015



## World Marathon Records – International (IAAF)

### WORLD MARATHON RECORDS

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#### Men's Overall Marathon Ranking

Rank	Name	Nation	Time	Race/Location	Race Date
1	Dennis Kimetto	Kenya (KEN)	2:02:57	Berlin	Sep 28, 2014

#### Women's Overall Marathon Ranking

Rank	Name	Nation	Time	Race/Location	Race Date
1	Paula Radcliffe	United Kingdom (GBR)	2:15:25	London	Apr 13, 2003

### WORLD HALF MARATHON RECORDS

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#### Men's Overall Half Marathon Ranking

Rank	Name	Nation	Time	Race/Location	Race Date
1	Zersenay Tadese	Eritrea (ERI)	58:23	Lisbon	Mar 21, 2010

#### Women's Overall Half Marathon Ranking:

Rank	Name	Nation	Time	Race/Location	Race Date
1	Florence Kiplagat	Kenya (KEN)	1:05:09	Barcelona	Feb 15, 2015

## Past Winners – BMO Vancouver Marathon

### 2015 BMO Vancouver Marathon Results

Title	Name(s)	Nation	Time
<b>MARATHON</b>			
Male marathon winner	Luka Chelimo	Kenya	02:18:37
Female marathon winner	Lioudmila Kortchaguina	Canada	02:37:37
<b>Top Canadian male Marathon</b>			
	Kip Kangogo	Canada	2:19:21
<b>Top Canadian female Marathon</b>			
	Lioudmila Kortchaguina	Canada	02:37:37
<b>Top BC male Marathon</b>			
	Bryan Andrews	Canada, BC	02:29:33
<b>Top BC female Marathon</b>			
	Ellie Greenwood	Canada, BC	02:47:23
<b>Top Masters male Marathon</b>			
	Jason Loutitt	Canada	02:33:59
<b>Top Masters female Marathon</b>			
	Lioudmila Kortchaguina	Canada	02:37:37
<b>HALF MARATHON</b>			
Male Half Marathon winner	Rob Watson	Canada	01:04:48
Female Half Marathon winner	Jane Murage	Kenya	01:12:53
<b>Top BC male Half Marathon</b>			
	Rob Watson	Canada, BC	01:04:48
<b>Top BC female Half Marathon</b>			
	Dayna Pidhoresky	Canada, BC	01:13:14
<b>8KM</b>			
Female 8K winner	Juliette Christie	Canada	00:33:23
Male 8K winner	Tyler Ginther	Canada	00:28:32

## Marathon

DATE	MALE	FEMALE
2015	Luka Chelimo (KEN) 2h18:37	Lioudmila Kortchaguina (CAN) 2h37:37
2014	Berhanu Mekonnen (ETH) 2h21:08	Kimberly Doerksen (CAN) 2h37:00
2013	Thomas Omwenga (KEN) 2h24:09	Lucy Njeri (KEN) 2h40:34
2012	Gezahgn Eshetu (ETH) 2h21:51	Ellie Greenwood (GB) 2h42:15
2011	Benard Onsare (KEN) 2h19:54	Keddi-Anne Sherbino (CAN) 2h43:38
2010	Thomas Omwenga (KEN) 2h16:55	Emmah Muthoni Kiruki (KEN) 2h37:17
2009	Benard Onsare (KEN) 2h28:26	Mary Akor (USA) 2h46:24
2008	Thomas Omwenga (KEN) 2h15:59	Mary Akor (USA) 2h37:54
2007	Thomas Omwenga (KEN) 2h25:27	<b>Claudia Camargo (ARG) 2h35:50</b>
2006	Kassahun Kabiso (ETH) 2h18:29	Malgorzata Sobanska (POL) 2h37:06
2005	Kassahun Kabiso (ETH) 2h15:40	Rima Dubovik (UKR) 2h44:05
2004	Ulrich Steidl (GER) 2h18:24	Mary Akor (USA) 2h44:43
2003	Ulrich Steidl (GER) 2h20:22	Angela Strange (CAN) 2h46:22
2002	Ulrich Steidl (GER) 2h17:01	Angela Strange (CAN) 2h45:46
2001	Ulrich Steidl (GER) 2h18:56	Leteyesus Berehe (ETH) 2h45:51
2000	Ulrich Steidl (GER) 2h18:53	Krystina Pieczulis (POL) 2h45:32
1999	Atsunari Saito (JAP) 2h21:33	Krystina Pieczulis (POL) 2h43:46
1998	Juan Salvador Gonzalez (MEX) 2h22:48	Krystina Pieczulis (POL) 2h43:20
1997	Juan Salvador Gonzalez (MEX) 2h22:53	Eniko Feher (HUN) 2h49:56
1996	Juan Salvador Gonzalez (MEX) 2h17:47	Eniko Feher (HUN) 2h52:38
1995	Graciano Gonzalez (MEX) 2h23:11	Yoko Okuda (HUN) 2h48:50
1994	Makato Sasaki (JAP) 2h17:24	Eniko Feher (HUN) 2h46:24
1993	Hayashi Morozumi (JAP) 2h18:37	Eniko Feher (HUN) 2h47:27
1992	Masato Kojima (JAP) 2h23:24	Yuka Teramura (JAP) 2h43:16
1991	Shigemi Tamori (JAP) 2h25:01	Misao Miyata (JAP) 2h52:14
1990	Yoshikazu Tanese (JAP) 2h23:46	Reiko Hirose (JAP) 2h55:14
1989	Shemi Sabag (ISR) 2h19:41	Annie Mangal (CAN) 2h50:05
1988	Mitsimasa Matsuyama (JAP) 2h19:20	Isabelle Dittberner (CAN) 2h52:03
1987	Tetsuji Iwase (JAP) 2h21:12	Cathy Kroll (USA) 2h46:50
1986	Hiroshi Nishi (JAP) 2h21:14	Joi Belyk (CAN) 2h45:37
1985	Adrian Wellington (AUS) 2h24:24	Kikue Teshima (JAP) 2h55:34
1984	Ric Sayre (USA) 2h16:34	Carol Raven (NZ) 2h52:03
1983	Paul Bannon (CAN) 2h17:57	Bev Bush (CAN) 2h43:19
1982	Stephen Pomeroy (CAN) 2h16:56	Sue Krenn (USA) 2h45:25
1981	Brian Morgan (AUS) 2h16:27	Nancy McLaren (CAN) 2h48:24
1980	<b>Garry Henry (AUS) 2h13:14</b>	Marilyn Belwood (USA) 2h45:27
1979	William Bill Scott (AUS) 2h15:36	Gail MacKean (CAN) 2h44:53
1978	John Hill (CAN) 2h20:49	Gail MacKean (CAN) 2h55:33
1977	Chris Bolter (CAN) 2h22:36	Meg Gordon (CAN) 3h14:32
1976	Ross Jackson (CAN) 2h20:30	Doris Heritage (USA) 2h47:35

1975	Joseph Skaja (CAN) 2h19:58	Linda Winslow (USA) 3h06:49
1974	Tom Howard (CAN) 2h14:34	Maria Brzozinska (CAN) 3h03:16
1973	Tom Howard (CAN) 2h21:45	Deborah Collins (CAN) 3h24:38
1972	Tom Howard (CAN) 2h24:08	Patricia Loveland (USA) 3h39:23

### Half Marathon

Date	MALE	FEMALE
2015	Rob Watson (CAN) 1h04:48	Jane Murage (KEN) 1h12:53
2014	<b>Paul Kimalyo Kimugul (KEN) 1h02:36</b>	Kate Bazeley (CAN) 1h15:18
2013	Paul Kimalyo Kimugul (KEN) 1h04:18	Natasha Fraser (CAN) 1h15:17
2012	Kip Kangogo (KEN) 1h04:48	Natasha Fraser (CAN) 1h15:12
2011	Kibet Rutto (KEN) 1h06:32	Emily Tallen (CAN) 1h16:04
2010	Kip Kangogo (KEN) 1h06:33	Krista Duchene (CAN) 1h16:40
2009	Willy Kimosop (KEN) 1h05:03	Lioudmila Kortchaguina (CAN) 1h17:11
2008	James Finlayson (CAN) 1h07:27	Suzanne Evans (CAN) 1h18:55
2007	Todd Howard (CAN) 1h09:04	Suzanne Evans (CAN) 1h18:31
2006	Jim Finlayson (CAN) 1h08:37	Sally Bergesen (USA) 1h22:41
2005	Jim Finlayson (CAN) 1h05:50	Angela Strange (CAN) 1h21:17
2004	Scott McClennan (CAN) 1h08:11	Leah Pells (CAN) 1h16:51
2003	Samuel Karanja (KEN) 1h06:48	Tina Connelly (CAN) 1h15:08
2002	Norman Tinkham (CAN) 1h10:00	Audrey Nelson-Wagenaar (CAN) 1h25:57
2001	John Hill (USA) 1h09:12	Tracy Shymko (CAN) 1h24:18
2000	Todd Pehowski (USA) 1h08:26	Lara Tyler (CAN) 1h22:51
1999	Oliver Utting (CAN) 1h10:10	Darlene Mota (CAN) 1h20:31
1998	Gregory Crowther (USA) 1h09:42	Hilary Watt (CAN) 1h21:21
1997	Keisuke Ogura (JAP) 1h08:21	Asuka Ozawa (JAP) 1h16:35
1996	Larry Nightingale (CAN) 1h09:13	<b>Mina Ogawa (JAP) 1h12:33</b>
1995	Larry Nightingale (CAN) 1h11:04	Yumi Sato (JAP) 1h16:24
1994	Kevin Titus (CAN) 1h06:55	Yuki Tamura (JAP) 1h14:03
1993	Bruce Deacon (CAN) 1h09:17	Koko Konishi (JAP) 1h18:27
1992	Alan Knoop (USA) 1h09:48	Jackie Zawertailo (CAN) 1h16:30
1991	Sean Quilty (AUS) 1h08:49	Debra Hall (CAN) 1h25:53
1990	John Hewgill (CAN) 1h15:00	Lillian Jarecki (CAN) 1h38:00

## 8KM

DATE	MALE	FEMALE
2015	Tyler Ginther (CAN) 0h28:32	Juliette Christie (CAN) 0h33:23
2014	Chris Calendar (CAN) 0h28:43	Marilyn Arsenault (CAN) 0h29:13
2013	Jared Ludlow-Carroll (CAN) 0h28:31	Jen Moroz (CAN) 0h30:16
2012	NO EVENT	NO EVENT
2011	<b>Colin Wallace (CAN) 0h25:49</b>	Amy Kirkham (CAN) 0h29:32
2010	Benjamin Maas (CAN) 0h27:00	<b>Julia Rudd (USA) 0h29:00</b>
2009	Marc-Jason Locquiao (CAN) 0h28:50	Amanda Stone (CAN) 0h31:37
2008	Byron Trajan (CAN) 0h29:15	Tessni Carruthers (CAN) 0h32:31

## Prize Money – BMO Vancouver Marathon

Elite Athlete Prizing: Overall					
Marathon	Male	Female	Half Marathon	Male	Female
1 <sup>st</sup> place	\$4000	\$4000	1 <sup>st</sup> place	\$1500	\$1500
2 <sup>nd</sup> place	\$2000	\$2000	2 <sup>nd</sup> place	\$800	\$800
3 <sup>rd</sup> place	\$1000	\$1000	3 <sup>rd</sup> place	\$500	\$500
4 <sup>th</sup> place	\$500	\$500	4 <sup>th</sup> place	\$300	\$300
5 <sup>th</sup> place	\$200	\$200	5 <sup>th</sup> place	\$100	\$100

Bonus for Top Canadian Athletes					
Marathon	Male	Female	Half Marathon	Male	Female
1 <sup>st</sup> place	\$1500	\$1500	1 <sup>st</sup> place	\$750	\$750
2 <sup>nd</sup> place	\$1000	\$1000	2 <sup>nd</sup> place	\$400	\$400
3 <sup>rd</sup> place	\$500	\$500	3 <sup>rd</sup> place	\$200	\$200

Bonus for Top BC Athletes					
Marathon	Male	Female	Half Marathon	Male	Female
1 <sup>st</sup> place	\$300	\$300	1 <sup>st</sup> place	\$300	\$300
2 <sup>nd</sup> place	\$200	\$200	2 <sup>nd</sup> place	\$200	\$200
3 <sup>rd</sup> place	\$100	\$100	3 <sup>rd</sup> place	\$100	\$100

**BC Half Marathon Championship Prizing** - Additional cash prizes will be awarded by BC Athletics. BC Athletics will additionally present Championship Medals and Prize Money awards of \$200, \$100 and \$50 to the 1st, 2nd and 3rd place overall finishers, respectively, in each gender category.

<b>Masters (40+)</b>					
<b>Marathon</b>	Male	Female	<b>Half Marathon</b>	Male	Female
1 <sup>st</sup> place	\$600	\$600	1 <sup>st</sup> place	\$300	\$300
2 <sup>nd</sup> place	\$400	\$400	2 <sup>nd</sup> place	\$200	\$200
3 <sup>rd</sup> place	\$200	\$200	3 <sup>rd</sup> place	\$100	\$100

<b>Wheelers (Only Half Marathon)</b>		
<b>Half Marathon</b>	Male	Female
1 <sup>st</sup> place	\$300	\$300
2 <sup>nd</sup> place	Prize pack	Prize pack
3 <sup>rd</sup> place	Prize pack	Prize pack

<b>Bonus for Course Record</b>					
<b>Marathon</b>	Male	Female	<b>Half Marathon</b>	Male	Female
1 <sup>st</sup> place	\$1000	\$1000	1 <sup>st</sup> place	\$500	\$500
Record Time	2:18:37	2:37:00	Record Time	1:02:36	1:12:53
Record Holder	Luka Chelimo (KEN) - 2015	Kim Doerksen (CAN) – 2014	Record Holder	Paul Kimgul (KEN) – 2014	Jane Murage (KEN) - 2015

In total, \$40,000 in prize money is up for grabs for the Elite Athletes on May 1, 2016.