



MEDIA

release

Community Engagement Unit

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STROMLO FESTIVAL TO HIT THE GROUND RUNNING

Stromlo Forest Park will come alive this weekend with the commencement of the second annual Stromlo Running Festival, Neale Guthrie, General Manager for Territory Venues and Events within the Department of Territory and Municipal Services, announced today. The festival commences today, Friday 19 February 2010, and will finish Sunday afternoon, 21 February 2010.

The ACT Government is again contributing \$70,000 to the event, which combines elite invitational races, mountain running, fun running, training sessions, guest lectures on health and fitness and social events.

“The Stromlo Running Festival provides a friendly and social weekend, focusing on participation and healthy lifestyles,” said Mr Guthrie. “Many runners will stay on site in the camping and caravanning areas, ensuring a festival atmosphere right across the weekend.

“The Festival, which has been organised by Run For Your Life Pty and the ACT Cross Country Club in association with running great Robert de Castella, comprises eight different running events using the Stromlo Forest Park’s cross country course, as well as the fire trails and tracks within the surrounding Stromlo area.

“As well as individual events, there will be primary school and high school challenges and a Government/business challenge.

“There is also a range of seminars on injury prevention, training, footwear and nutrition, as well as running clinics and a variety of family entertainment. The Saturday lecture series will feature soft tissue therapist Brad Hiskins and AIS sports dietician Christine Dziedzic. The Sunday practical sessions will see ACT Academy of Sport’s Lex Anderson assess athletes’ running posture and share useful drills and techniques to help strengthen the body and prevent injury.”

Mr Guthrie said that the ACT Government invested \$7.5 million in the establishment of Stromlo Forest Park as a recreational facility for runners, walkers, equestrians and bike riders. Since then approximately \$2.9 million of capital funding has been spent to further enhance and develop the park.

“The Stromlo Running Festival is expected to see 2,000 people participate across the three days of event. I’m sure all competitors, volunteers and spectators at the festival will have an enjoyable weekend at Stromlo Forest Park and I wish all participants, elite and recreational, the best of luck. “

Registration for the festival starts from 4pm this evening, followed by the Primary and High Schools Challenges at 4.45pm. The Welcome Run, led by Robert de Castella, will commence at 6pm.

Statement Ends

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