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FOR IMMEDIATE RELEASE

Companies Providing Energy and Fitness for Marathon Runners

Runners who are training for the upcoming Cayman Islands Marathon on Sunday, 6 December can get some extra motivation and support courtesy of Energy Pilates & Fitness Studio which has organised a weekly running club for beginners and Fitness Connection who is once again offering its training programme for all fitness levels.

The Energy runs, which take place early on Saturday mornings, have already started but there is still time and space to sign up, according to Colleen Brummer, Energy's Facility Manager and Instructor.

“We have two plans available, the Basic Package and the Next Step option,” explained Deanna Smith, who is leading the running club. “The Basic package provides you with a running club ‘membership’ that includes weekly educational emails, a 12-week training schedule, training log book and organized Saturday morning runs, water and guided stretches included. The Next Step option includes all of the benefits of the Basic package but in addition, runners will receive a postural assessment and two personal training sessions which will assist us in prescribing a programme designed to deal with any postural issues/muscle imbalances and get the runner ready for running.”

Training with Fitness Connection takes place on Mondays and Wednesdays at 7pm and on Saturdays at 6:30am with Laura Ribbins for all interested runners, walkers and people training specifically for the half marathon.

“We are thrilled about the new Energy Running Club and Laura doing her programme again,” said Rhonda Kelly, Race Director for the Cayman Islands Marathon. “There are so many people out there who would love to train for a marathon or half marathon but do not have the support, or a training partner or perhaps the personal motivation to sustain them during the months of training. This is a great way for them to meet other runners who will rally around them to keep them running and excited about the long run. Colleen, Deanna and Laura are experts at what they do so new runners can rest assured that they will be training in a healthy, safe way.”

For more information about the Energy Running Club call 946.6006 or email energy@candw.ky. Laura can be contacted on 916.0703 or at fitcon@candw.ky.

Registration for the 2009 Cayman Islands Marathon, Half Marathon, Team Relay and Kids Fun Run is open online at CaymanIslandsMarathon.com. Walk-in registration can also be done at the Kelly Holding office.

The Cayman Islands Marathon is sponsored by Department of Tourism, Ministry of Sports, Gatorade, Flowers Bottled Water, Corona Light, Digicel, Cayman National, Sagicor, Breezes By the Bay Restaurant, Cayman Free Press, Kirk Freeport, 106.1 KISS FM, Grand Cayman Marriott Beach Resort, Island Companies, ESSO, Quaker, CUC, Volkswagen, Tropicana, KPMG, GNC, RE/MAX Cayman Islands and The Final Touch.

For more information email info@CaymanIslandsMarathon.com or call Bev Sinclair on 345.946.8822.

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