

PRESS RELEASE:

The Secret Marathon 3K Run / Walk

Running, Walking and Working Together for Equality during week of International Women's Day

Mar. 6th, 2019

On Wednesday, March 6th at 6.30pm on the week of **International Women's Day**, the second annual Secret Marathon 3K run/walk will be held in **16 cities across Canada**.

After filming a documentary in **Afghanistan** about that country's first official marathon, Kate McKenzie and Martin Parnell were inspired to make a difference in their own country when they realized there are those in Canada who **don't feel safe to go for a run or walk at night**.

Together with **Running Room** and the charity **Canadian Women for Women in Afghanistan** they will host The Secret Marathon 3K on the week of International Women's Day. "In Afghanistan we witnessed something really special," McKenzie said "women and men came together in solidarity under extremely difficult circumstances, to support the right all humans should have to walk or run free of fear in their community."

The Secret Marathon 3K run/walk, held on the week of **International Women's Day**, celebrates everyone's right to be free to run. We're inviting women and men across Canada to follow the example set by the brave runners in Afghanistan and unite for freedom, gender equality and safe spaces for all. Funds collected from The Secret Marathon 3K supports raising awareness about gender equality through The Secret Marathon film (scheduled to be released Fall 2019) and donations collected will provide access to education for women and girls in Afghanistan.

The race is named after the documentary about the Marathon of Afghanistan where the route is kept secret to avoid being a target for terrorism. In their honour, the route will also be **secret** until just before the event.

HIGHLIGHTS

- Event has grown from 10 cities to 16 official host cities across Canada
- 404 participants registered and \$5,917.77 fundraised for this year's race ([current numbers](#))
- Local Members of Parliament and City Councillors serving as race officials in many cities
- 2018 Event: over \$8K raised for Canadian Women for Women in Afghanistan and over 1000 participants, including participants from the U.S, U.K, Mexico, Netherlands and Afghanistan.
- New [school program](#) and new [virtual program](#), to allow more people to participate

QUOTES

"In Afghanistan by hosting a safe race they are working towards making a safe place, we asked ourselves why couldn't we do that here in Canada and help everyone feel safe to run and walk in their community."
Kate McKenzie, National Race Director

"The goal of The Secret Marathon 3K is to celebrate our right to be free to run and walk in our community. Many women both here in Canada and in Afghanistan don't feel safe to run at night or alone and we want to change that by bringing our community together to celebrate everyone's right to be free to run or walk in their community." Kate McKenzie, National Race Director

"The sport of running is all inclusive, an empowering activity, one engaging the runner or walker physically, emotionally and spiritually. The Secret Marathon builds a sense of community during a time in which our world needs more community... a community of people helping and supporting each other. Come join the fun and together let's make the world a safer place for all!" John Stanton, Founder of the Running Room

"We are thrilled to be part of this event, and to run or walk as Canadians in solidarity with the brave and determined women and men of Afghanistan!" Janice Eisenhauer, CW4WAfghan Founder

QUICK FACTS

- Race to take place on **March 6, 2019**.
- **Media should arrive at 6:00pm** for interviews with official **race start occurring at 6:30pm** and post event celebrations to follow concluding at **8:30pm**.
- To learn more about the film and see the trailer visit www.theseecretmarathon.com
- Locations for The Secret Marathon 3K: Victoria, Vancouver, Kelowna, Calgary, Red Deer, Edmonton, Winnipeg, Peterborough, Barrie, Waterloo, Kingston, Toronto, Ottawa, Fredericton, Halifax, St. John's
- To register for The Secret Marathon 3K go to: www.theseecretmarathon.com/3krace
- For more facts about the race visit our [FAQ section](#)
- Previous Media Coverage - [here](#)
- Photos from 2018 event - [here](#)

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Primary Media Contact:

Kate McKenzie, National Race Director & Co-Director of The Secret Marathon Documentary

Email: theseecretmarathon3K@gmail.com

For more information about Running Room please contact:

Liz Caine, National Events Manager

Email: lcaine@runningroom.com

For more information about Canadian Women for Women in Afghanistan please contact:

Cheri Burke-Gaffney

Email: accounting@cw4wafghan.ca

Social Media Information

#TheSecretMarathon3K

Instagram: [@theseecretmarathon](#)

Youtube: [The Secret Marathon](#)

Facebook: [@theseecretmarathon](#)

Twitter: [@asecretmarathon](#)