

PRESS RELEASE:

The Secret Marathon 3K Run / Walk

Running, Walking and Working Together for Equality on International Women's Day

Mar.5, 2018

On Wednesday, March 7th at 6.30pm on the eve of International Women's Day, the inaugural Secret Marathon 3K run/walk will be held at Running Room stores in **10 cities across Canada**. In Toronto, the event will start at the Beaches Running Room store at 1977 Queen St East.

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 the **Running Room** and charity **Canadian Women for Women in Afghanistan** they will launch The Secret Marathon 3K on the eve 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 that all humans should have to walk or run free of fear in their community."

The Secret Marathon 3K run/walk, held on the **eve of International Women's Day**, celebrates everyone's right to be free to run. We're inviting women and men in Toronto and across Canada to follow the example set by the brave runners in Afghanistan and unite for freedom, gender equality and safe spaces for all. Thanks to all who participate, The Secret Marathon 3K will allow the story of Afghan girls and women running for freedom to be shared across Canada through the film which is scheduled to be released Fall 2018.

The event is named after the documentary about the Marathon of Afghanistan where the route is kept secret to avoid violent attacks. In honour of that, the 3K route will also be **secret** until just before the event.

HIGHLIGHTS

- First time the race will be held with a bold vision of starting it in 10 cities across Canada
- Race Official is MP Nathaniel Erskine-Smith
- Councilor Mary-Margaret McMahon will be a dignitary at the event
- Over 114 registered in Toronto & over \$6K raised for Canadian Women for Women in Afghanistan

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, 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, 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!” said John Stanton Founder of the Running Room

QUICK FACTS

- Inaugural race to take place on **March 7, 2018**.
- **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, Edmonton, Calgary, Winnipeg, Toronto, Peterborough, Kingston, Ottawa
- To register for The Secret Marathon 3K go to:
<https://www.events.runningroom.com/site/?raceId=14758>
- For more facts about the race visit our [FAQ section](#)

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CONTACT INFORMATION

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Social Media Information

#TheSecretMarathon3K

Instagram: [@thesecretmarathon](#)

Facebook: [@thesecretmarathon](#)

Youtube: The Secret Marathon

Twitter: [@asecretmarathon](#)