



NEWS RELEASE

Father & Son Duo set sights on running new Point-to-Point Courses at BMO Vancouver Marathon

Vancouver Marathon's new routes sparks duo to run event for the first time...

Vancouver, BC – January 19, 2012 – May 6th, 2012 ushers in a new era of running in Vancouver and the Cochrane's, a father and son Ironman duo from BC, are eager to run the new point-to-point courses. The Cochrane's have competed collectively in almost 25 Ironman Canada events. Brad, who's in his late 40's and Chris who is all of 20, are gearing up for two events in August this year, Brad will run Ironman Canada and Chris is taking on the FatDog100 trail race. For them the timing of the BMO Vancouver Marathon couldn't be better.

According to Brad, May is the perfect month for him to run the 42.2 km event. "Since I run between 70-80 miles a week having a focus in May will really help me get out to run more in February, March and April. The point-to-point courses are the absolute best thing." Chris, who is studying integrated science at UBC adds, "The new point to point course will undoubtedly attract an even greater field as it offers an entirely unique experience. Now runners will know exactly where they are within the field as the half and full marathons are almost entirely separate."

Brad has been a registered nurse since 1991 and first starting running triathlons in the mid 1980's. Following in his father's footsteps literally, Chris began attending events with his Dad early on, running his first triathlon in the late 90's and ten years later his first Ironman. Chris also has his career sites on medicine and hopes one day to graduate UBC and become an orthopaedic surgeon. Both are keen to lace up for their first ever BMO Vancouver Marathon, and have the opportunity to test the new courses, run 70% shoreline, enjoy running through 7 distinct Vancouver neighbourhoods and arrive at the gorgeous downtown finish line.

The BMO Vancouver Marathon is one Canada's oldest races; operated by the Vancouver International Marathon Society, a non-profit, volunteer run organization. In 1972, 46 entrants ran around Stanley Park five times. Today, the event draws thousands of participants from over 40 countries.

BMO Bank of Montreal enters its seventh year as the title sponsor of the BMO Vancouver Marathon. “The Bank is proud to be aligned with such a strong community-based organization that is well loved by spectators and participants alike,” said Joanne Gassman, Senior Vice President, BC & Yukon Division, BMO Bank of Montreal.

Please visit www.bmovanmarathon.ca for more information.

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