

re- Draft Release –

Ex-Army & Running Room Pace Bunny Shares his story of PTSD on heals of Canada Army Run

Canada Army Run Sept. 22nd – community, camaraderie an energizing event...

Ottawa, ON – September 18, 2013 – Henri LeBlanc served in the Canadian Armed forces from 1981-1989. He later served as a civilian working in Afghanistan between 2008 and 2009. The latter experience left him with post-traumatic stress disorder (PTSD) something he is coming to terms with and also speaking out about in order to help others. LeBlanc is one of the Running Room pace bunnies who will take part in this weekend's *Canada Army Run*, on Sunday, September 22nd.

LeBlanc, who was a physical education instructor at one time, checked himself into a crisis centre to seek treatment twenty months ago, "At first I had no idea I had any syndrome at all, but I just couldn't go back overseas and I wondered why. It was running and visualization that kept me going step by step." Sharing his story with others has also helped with his healing and recovery. He adds, "Now I am getting closer to a normal life and I am talking to others to help them talk about it too."

He is looking forward to traveling to Ottawa from his hometown of Moncton, New Brunswick this week. And more importantly to his pace bunny duties on Sunday in the Half Marathon, "I have ten years of training under my belt and my pace time for the half will be 2:15."

Running Room founder John Stanton, who was named an Honorary Lieutenant Colonel in 2009, will also be on hand for *Canada Army Run*. Now acknowledged as the fastest growing run in the country, he says it is a great place for Canadians to personally thank the members of the CAF – and, by extension, first responders – for their service.

"These men and women deserve our respect and admiration. There is no better way to do this than to participate in this amazing community event. I encourage people to lace up and get involved, or if you are not running to come on down and cheer on the participants."

Meet John Stanton:

John will be available in person at the Sports Expo. This year's Sports Expo is moving outdoors to create a more military "Camp Army Run" flavor. It will also be open for longer hours, as follows:

- **Friday and Saturday:** 9:00 a.m. until 8:00 p.m.
- **Sunday:** 7:00 a.m. until 1:00 p.m.

About the Running Room

The Running Room was founded in 1984 in one room of an old house shared with a hairdressing shop in Edmonton, Alberta. Today, this family-owned company is one of North America's most recognized names in running and walking. The success of the Running Room is reliant on the fact that it doesn't just sell shoes and equipment; it sells a commitment to active living. For more information about the Running Room, please visit: www.runningroom.com. For media interviews with John Stanton, please contact, Deirdre Rowland, media@cmepublicity.com or 778-888-9974.

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