

- For Immediate Release –

***Spring Into Summer* Running Tips
From Canada's Leading Running Mentor John Stanton in
Toronto May 24-25, 2016**

- *5 Top “Spring into Summer” Running Tips from John Stanton*
- *Summer gear preview, hot gadgets and the latest technology*
- *Hydration, hydration, hydration*
- *Running Room opens new store in the Canary District and supports the new Cooper Koo Family Cherry St. YMCA*

Toronto, ON – May 10, 2016 – Springtime is warming up and it's time for runners to adjust their training schedules to keep up with the heat. Running Room founder John Stanton has tips, training advice and hot runner trends to share during interviews in Toronto from May 24-25.

Running Room is delighted to open its 12th Toronto location in the Canary District on Wednesday, May 25. The grand opening features a “Fly the Coop” Run/Walk, in support of the new Cooper Koo Family Cherry St. YMCA taking place in the pedestrian friendly community, renowned for housing the Athletes' Village during the Toronto 2015 Pan Am/ Parapan Am Games. Fitness enthusiasts of all levels are invited to enjoy a 5K & 2.5K Run/Walk beginning at 6:00pm from the new Canary District Running Room at 465 Front Street East.

John Stanton, one of Canada's most respected voices in the running world will host the event and provide runner advice. Here are John's top tips:

“Spring into Summer” 5 TOP Tips from John Stanton:

1. **Hydration** - Drink at least two cups of water before and a cup for every 15-20 minutes during your run. Wear a lightweight hydration belt, a must have for long distance runs. Bring Gu Gel, which comes in maple bacon flavour for the adventurous, or go with Nuun Electrolyte to increase the amount of water absorbed into the blood stream.
2. **Pacing** - Adjust your intensity to the temperature. In extreme conditions, slow down your pace. Using a heart rate sensor, you can acquire the live heart rate data for your mobile training applications.
3. **Sun Protection** - Wear a perforated hat, that's breathable, with a sweat liner in front. Choose sunglasses, i.e. the more popular ones have photochromic lenses, which adapt the tint to the light conditions and use protective sunscreen. If you are sun sensitive or concerned about sun exposure, wear moisture wicking long sleeves and shirts, to help regulate your temperature and keep you protected.
4. **Diet** - Make sure you have a variety of fruits in your diet. Watermelon, oranges, bananas, strawberries are a good way to take in vitamin C, sodium, and potassium, nutrients that are lost when we sweat.

5. **Reduce chafing** – Choose clothing constructed to reduce chafing, i.e. a competition short with seams provides chafe-free construction. For longer runs use Bodyglide, an anti-blister and chaffing balm, under your arms and inner thighs. This will reduce chafing, a common problem in the warmer months.

John Stanton is pleased to open the new Running Room location in the Canary District in support of the community's new YMCA, "Teaming up with the Cooper Koo Family YMCA is a great opportunity to generate awareness about their programs and encourage healthy life skills in this developing neighbourhood. Their opening on Cherry and Front streets will provide the community with added motivation to live healthier lives and access programs leading to physical, social, emotional and mental well being."

General Manager of the Cooper Koo Family YMCA, Sarah Beldick, says the two organisations have a lot of synergy: "We are excited to partner with the Running Room to build strong communities together, and raise awareness around healthy living. The opening of this new YMCA Centre of Community will provide services and programs to support more than 8,000 people in a neighbourhood whose population is projected to increase 13.5 % by 2020." She adds, "As a charity, sharing a common vision with our community partners, like the Running Room, shows we're dedicated to making our communities home to the healthiest children, teens and young adults, which makes our entire community healthier."

Grand Opening: Canary District store & "Fly the Coop" Run/Walk

Meet John Stanton: Canada's foremost running icon

Community Partner: Cooper Koo Family Cherry St. YMCA

Where: Running Room's newest location, 465 Front Street East

When: Wednesday, May 25, 2016 **Time:** 6:00pm

Entry: \$10.00 with 100% to Cooper Koo Family YMCA

Every participant receives a medal presented by John Stanton

Media Welcome to attend!

Meet John Stanton:

Running Room Founder and President, John Stanton is available for media interviews in Toronto from the late afternoon of Tuesday, May 24 through **Wednesday, May 25** and prior to the **grand opening at the Canary District** location that evening at 6:00pm.

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. The newest store in the Canary District marks the Running Room's 12th store location in Toronto. Today, this family owned company is one of North America's most recognized names in running and walking.

About Cooper Koo Cherry Street YMCA

The Cooper Koo Family Cherry St. YMCA is a legacy building from the Toronto 2015 Pan Am / Parapan Am Games. The 82,000 sq. ft. state-of-the-art facility includes spaces for youth and community activities, a 2-quad gymnasium, two pools, a conditioning room, and fitness studios. The Centre also includes a Child & Family wing with a 2-storey climbing structure. A generous private donation from Michael Cooper and Krystal Koo, longtime Toronto philanthropists, was made toward the progress of the YMCA's [Strong Start, Great Future](#) campaign. The Centre, the second of 10 new YMCA's planned in the Greater Toronto Area, is named after the family.

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