

Run with Canadian Marathon Record Holder Cam Levins by Paul Gains

When Cam Levins committed to racing the lululemon Toronto 10k June 15 he also accepted an invitation to join local runners in launching their training for the 2019 Scotiabank Toronto Waterfront Marathon.

Levins, who beat Jerome Drayton's 43-year-old Canadian marathon record with 2:09:25 at the Scotiabank Toronto Waterfront Marathon last October, will be at the Beaches Running Room location (1977 Queen St East, Toronto) at 8:30 a.m. Sunday June 16th.

"My favourite part of this profession is definitely the racing and the training," Levins says, "But trying to spread whatever enjoyment and experiences I have gotten over the years is an exciting thing, too."

"I can remember, very clearly, moments growing up where I met some very good Canadian athletes and gained inspiration from that and learned from those discussions and experiences myself. So, if I can give any amount of that back to other runners and other young athletes, I am more than happy to do that."

The event is the [kickoff for the Running Room's official training program](#).

But that's not all. A technical representative from Nuun, who have joined Toronto Waterfront team as an official supplier of on-course hydration, will be on hand. The company lives by the motto, "clean product, clean sport and clean planet" and will have product available so runners can learn how to incorporate Nuun into their training and racing program ahead of race day.

A representative of New Balance, the official athletic footwear & apparel partner, will also be on site with newly released "In Training" for Scotiabank Toronto Waterfront Marathon 2019 tech t-shirts. There are also prizes and giveaways to be won.

After a few words from the 2012 Olympian the group will set out for a run around Toronto's Beaches area taking in the Boardwalk. A variety of distances from the 6km learn to run clinic to 25km long runs will be available to participants. This will also be your chance to catch a glimpse of part of the 2019 Scotiabank Toronto Waterfront Marathon course.

Refreshments will be served afterwards, and runners and media will have a chance to talk with Cam. He relishes the opportunity to spend time in Toronto following the lululemon Toronto 10K race.

"I think lululemon Toronto 10K is a fun race," Levins says. "I love going into Toronto any chance I get and love racing there. I have had such good experiences there in the past."

For More Information:

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www.stwm.ca

ian@canadarunningseries.com