



FOR RELEASE – October 7, 2019

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**400 Participants, Perfect Running Weather and a Canadian Masters 10K Record
at the 2019 Living Water Resorts Collingwood
Half Marathon, 10K and 2K Races**

Collingwood Ontario:

Optimal running weather conditions combined with fall colors highlighting the nearby Blue Mountains served as the picture-perfect backdrop and inspiration for personal best performances for the 400 participants in Saturday's Living Water Resorts Collingwood Half Marathon, 10K and 2K Kid's races.

Reid Coolsaet, a two time Canadian Olympian and 3rd fastest marathon runner in Canadian history, set a new Canadian record for Masters (40 year +) in the Living Water Resorts 10K race with a time of 30:09 beating the 29 year old record by a scant four seconds. He also smashed the existing overall 33:30 Living Water Resorts Collingwood 10K course record.

Reid used the Collingwood race as a tune-up for an October marathon which he is targetting as his qualification for the 2020 Tokyo Olympic Marathon. Obviously, the combination of a fast course, optimal racing conditions, a strong training program and the *Get Your Carbs On* pre-race dinner at the resort's Memories Restaurant & Bar, contributed to his record performance.

Reid commented on his race weekend: "I made the decision to run the Living Water Resorts Collingwood 10K because I was looking for an event that is well-organized and suited to setting a new Canadian Masters 10K record. Race Director Nick Brindisi and Living Water Resorts welcomed me to Collingwood and put on a first-class event. An inspiring race experience beginning with a spectacular view of Georgian Bay from the Living Water Resort hotel during the race bib pickup, the pre-race carb dinner at Memories Restaurant, the perfect race weather and a post-race relaxing experience at the Living Shore Spa Aquapath treatment. Thanks for the super hospitality. I look forward to returning."

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Nick Brindisi commented after Reid's Canadian record finish: "Reid really put the hammer down to pull off a record. He battled the wind in his face the last 1K to the finish tape. What a performance. I was walking on a cloud all week just thinking about him taking part in our race. And a new Canadian record. In Collingwood. And, a new overall 10K course record by over three minutes. Wow!"

Several Living Water Resorts staff participated in both the Half Marathon and 10K races. In particular, the resorts Cranberry Golf Course Head Golf Professional Myles Bradford made a last minute decision to run the 10K race, with perhaps a slight nudge by his son Hudson who was the 2K Kid's Run winner.

Warren Smith, Executive Vice President of Living Water Resorts and a competitor in the Half Marathon Marathon, explains the resort's decision to sponsor the event: "Living Water Resorts was very pleased to be the title sponsor of the races in support of My Friend's House. Community involvement and support is in the fabric of our company's DNA. And, a very special shout out to Race Director Nick Brindisi and his awesome volunteer team. Thank you for once again organizing these amazing races. It really is a great deal of work by all of you and I'm sure I speak for everyone when I say that we truly appreciate your dedication to hosting a first-class event."

Nick Brindisi shared his thoughts on the day: "What a tremendous day. A new Canadian Masters 10K record set by one of Canada's all-time best distance runners. A great turnout by runners from several countries. Once again, amazing volunteers. And, sunshine with no rain for the first time ever. A big thank you to Living Water Resorts, our title sponsor, who provided support and energy to make this race a success for everyone."

Living Water Resorts was the title sponsor of the 7th annual annual races www.runcollingwood.ca. Living Water Resorts — a natural playground between the mountains and the bay — is a four-season vacation resort located in Collingwood where guests have fun, relax, and rejuvenate.

The 21.1-kilometre course route's scenery and surrounding fall colours served an inspiring running experience in historic Collingwood and the open countryside surrounding the town. The crisp fresh air propelled runners quickly on this fast, mostly downhill course from start to finish! The 10K course provided an equally scenic rural run optimized to setting personal bests!

As in past years, the Living Water Resorts Collingwood Half Marathon benefitted My Friend's House www.myfriendshouse.ca. The Collingwood organization is dedicated to reducing the occurrence of domestic violence in the Georgian Triangle by contributing to the safety of women and their children and changing societal norms that perpetuate the abuse of women.

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About Living Water Resorts

Living Water Resorts is the only resort located on the shores of Georgian Bay in the heart of Collingwood. With 370 luxurious one-bedroom and two-bedroom suites equipped with living/dining room and kitchen areas in two resort hotels, Living Water Resorts offer inspiring experiences for extended stays. Onsite amenities include Ontario's only Aquapath spa, an 18-hole championship golf course, an onsite marina offering a wide array of water sports, and award-winning dining including Collingwood's only waterfront restaurant.

For further information, please call (705) 445-6600 X257. www.livingwaterresorts.com

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