

# DOWNTOWN KINGSTON! IT'S THE **REAL** DEAL

**FOR IMMEDIATE RELEASE – April 20, 2010**

## **LET'S GET MOVING! – MOVING DAY WEEKEND SET FOR APRIL 24 & 25**

Kingstonians know Moving Day occurs each spring as the students from Queen's University and St. Lawrence College pack their belongings to move back home for the summer. Moving Day Race Weekend, scheduled for the last weekend in April, will celebrate this flurry of activity in the city. It will get Kingstonians, and our visitors, outside and moving as well. The event has grown to include the Limestone City Half Marathon and 5km Race, the Trauma 10km Run and a 3k Kid's Fun Run.

Moving Day Weekend will take place through Downtown Kingston's beautiful parks, roadways, walkways, and over the causeway. If the running does not take your breath away, the beautiful views of Lake Ontario and the St. Lawrence River certainly will.

"This is a great opportunity for friends and family coming to town for the weekend to participate in a local event," says PJ Marshall of the Kingston Road Runners' Association.

The event kicks off Saturday afternoon at 3:45pm with the Kid's Fun Run. At 5pm, runners in the Trauma 10km will head out King Street to Invista and back.

The Kingston Road Runners' Association has laid out great courses for both the Limestone City Half Marathon and the 5km Race. The warm bellowing of Kingston's own Town Crier, Chris Whyman, will start the runners on their way for both these events at 9:30am on Sunday morning. The event is expected to attract nearly 400 runners on this scenic waterfront course.

Other organizations involved in making this weekend a huge success are the Downtown Kingston Business Improvement Area, K-ROCK 105.7FM, Runner's Choice, Brooks, 98.3 Fly FM and 98.9 The Drive.

Take part in Moving Day Weekend by running, walking or cheering! For additional information on the Limestone City Half Marathon, Trauma 10, 5km Race or Kid's Fest Fun Run, please click through to [www.krra.org](http://www.krra.org).

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