

Serene, scenic and challenging runs in remote destinations

Victoria, BC, Feb 25, 2010 - Meeting your running goals doesn't have to involve crowds and concrete. For runners who are looking to experience a destination while they run, here are suggestions of three organized runs off the beaten path that offer a unique running experience and incredible scenery.

Tumbler Ridge, B.C.'s 12th annual Emperors Challenge on August 7, 2010 has been named the world's toughest but most beautiful half marathon. Runners climb over 2000 feet to the summit of Babcock Mountain where they claim their reward in the spectacular open terrain at the top of the mountain as they begin the descent home. The skyline to the west is a tableau of rugged limestone and snow of the Northern Rockies in summer. There are few, if any, events that can offer up wildlife viewings and a professional massage all in the same race.

Hosted by the Wolverine Nature Society, funds raised go towards maintaining more than 38 hiking and running trails that surround this small community set in Northeastern British Columbia. Tumbler Ridge is also known as the "waterfall capital of Canada's North" and many of the established trails lead to some of the most spectacular waterfalls in the country. Tumbler Ridge is also home to the oldest dinosaur bone material and track way in Western Canada and is one of the few places in the world you can actually see authentic dinosaur footprints. www.emperorschallenge.com , www.visitTumblerRidge.ca

The second annual **Lapathon Jungle Race**, a race for a good cause organized by **Costa Rica's Lapa Rios Rainforest Eco-lodge** will take place on May 1, 2010 on Costa Rica's Osa Peninsula. Guests, staff members and other participants will run the 18 kilometer race with all proceeds going towards an educational project for children with learning disabilities in Puerto Jimenez. For the first time, children age eight to 12 have the chance to participate in a Kids Lapathon, a three kilometers race. Video of the 2009 Lapathon is available on You Tube or check out the resort's Facebook page.

Lapa Rios is an upscale 16-bungalow ecolodge protecting over 1,000 acres of preserved rain forest on the Osa Peninsula, Costa Rica; an area prized for its biodiversity and soon to be named a World Heritage Site. This model ecolodge has been consistently voted as one of Latin American's top resorts by National Geographic, Condé Nast Traveler, Travel & Leisure and Andrew Harper. Prices include hotel stays and dinners at lodges, resorts and hotels managed by Cayuga Sustainable Hospitality as well as domestic airline tickets. Special offers and discounts to stay at Lapa Rios or fly to the Osa on Nature Air are available upon request. Contact the reservations office in Lapa Rios at (506) 2735-5130 or info@laparios.com.

The 11th annual **Edge to Edge Marathon, Half Marathon, and Relay** brings runners from all over the world to the beautiful West Coast of Vancouver Island, British Columbia. Runners experience old growth forests and crashing ocean waves as they run through the **Pacific Rim National Park Reserve** between the villages of Tofino and Ucluelet on the edge of the Pacific Ocean.

Vancouver Island's West Coast is one of the best places in the world to experience whale watching, kayaking, surfing, First Nation culture, fishing, scuba diving and West Coast cuisine.

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