



SOUTH LAKE HOSPITAL

**FOR IMMEDIATE RELEASE  
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**Florida Marathon to showcase south Lake County**

**Clermont, Fla.** – The National Training Center will host the third annual Florida Marathon, Half Marathon and 5K on Saturday, December 19, 2009.

This year, all three races will run exclusively through south Lake County, starting and finishing at the National Training Center. The first two years the event was held, the course also went in west Orange County. The new course will utilize the paved trails in south Lake County and will be an out and back race.

“We are excited to be able to showcase south Lake County to all of our participants,” commented Tom Ziebart, National Training Center Race Director. “We get a lot of out of town participants that have heard of Orlando and Orange County but don’t realize how beautiful Lake County is with all the lakes and rolling hills.”

The marathon course, consisting of 26.2 miles, will be certified by USA Track and Field and will be a qualifier for the Boston Marathon. The event will also include a half marathon (13.1 miles) and a 5K (3.1 miles).

In 2008, more than 350 participants competed in the three races and came from all over, including 23 different states in the United States, Canada, Great Britain, Norway and Germany.

Registration for the event will remain open through race morning and online registration is available at [www.usantc.com](http://www.usantc.com).

The National Training Center, part of South Lake Hospital, is a state-of-the-art sports complex that includes multipurpose fields, 400 meter outdoor track and field complex, 37,000 square foot fitness center, 70 meter x 25 yard heated outdoor pool, cross country course, human performance lab, group fitness classes, private Pilates studio, events department, sports performance and coaching, softball/baseball complex and massage. The NTC offers community fitness memberships and a wide variety of youth programming and is also open to visiting athletes and teams. For more information on the NTC, please visit [www.usantc.com](http://www.usantc.com) or call 352.241.7144.

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