



Media Release

“Racers’ Toolbox Announced As Official Training Partner of the Standard Chartered Marathon Singapore 2011”

Singapore, 15 August 2011 – Racers’ Toolbox, the Singapore-based athletic testing and consulting company, today announced that it has become the Official Training Partner of the Standard Chartered Marathon Singapore (SCMS) 2011. Racers’ Toolbox will provide SCMS 2011 runners with pre-race training support to help them achieve personal bests on race day, 4 December 2011, and beyond.

The company launched its partnership with race organiser Singapore Sports Council by releasing the first in a series of sixteen informative and educational videos that will provide runners with a comprehensive set of practical and actionable activities they can use to learn from and to apply to their race preparation. The sixteen-week video series will cover topics such as heart rate training, building endurance, recovery strategies, mental preparation and hydration. The videos are available on the SCMS 2011 official website, www.marathonsingapore.com.

Racers’ Toolbox will also be providing on-line training plans. Each training plan will support runners by providing daily recommended volume, intensity and specifics of training, taking them through the three training phases of base, strength and specifics. This support will be provided for participants of the Full Marathon, Half Marathon, 10km and 5km distances. These informative documented plans can be easily printed from the SCMS 2011 official website and referenced by participants during their training. Detailed training articles will also provide additional runner support.

Ben Pulham, co-founder of Racers’ Toolbox, commented “Our objective is for the customised training plans to become an integral part of the training programme for those runners that are looking to achieve personal bests or to improve on recent race results. The plans are based on our many years of experience of competition at the highest level and have proven successful for Olympic athletes as well as for keen amateur runners.”

To accompany the on-line training resources, Racers’ Toolbox will be conducting a series of eight running clinics for SCMS 2011 participants in the lead-up to the Marathon – three of which will be open to those participating in the Half Marathon, 10km and 5km Fun Run – with five open to those competing in the Full Marathon. The running clinics will focus on developing running technique, fuel efficiency, speed and performance, pacing and nutrition. The schedule for the running clinics is available on the SCMS 2011 website.

With the introduction of the BMW Run Efficient Pacers Programme, the Official Pacers for the SCMS 2011 will also benefit from the involvement of Racers' Toolbox. Racers' Toolbox will ensure that the 28 - 35 experienced runners, who will help participants looking to achieve specific finish times on race day, are able to pace effectively and have the required fitness levels to perform their pacing roles. All pacers will be required to undergo a specific training programme, which includes lactate testing, with the ultimate objective of better serving runners that are relying on pacer support on race day.

Commenting on the partnership, Mr David Voth, Senior Director, Sports Business, SSC, and Vice-chairman, SCMS 2011 Organising Committee, said "The SCMS has become Singapore's marquee running event and a highlight in the national sporting calendar - one that all running enthusiasts train and work towards - and we wanted to provide runners the support which will help them achieve their personal best on race day and beyond. With Racers' Toolbox's professional expertise and guidance, this partnership is a demonstration of our long term commitment to the runners in providing more resources to further develop their passion."

New Zealander Ben Pulham and Singaporean Jonathan Fong founded Racers' Toolbox in 2008. Pulham has over 16 years of endurance sport experience, having been a professional triathlete who has represented New Zealand at the national level on multiple occasions. Fong is a leading sports scientist and accomplished triathlete who was Singapore's national record holder and triathlon champion between 1996-1998.

Racers' Toolbox operates out of a state-of-the-art lab in Singapore.

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About Racers' Toolbox

Racers' Toolbox is a fitness testing and training company offering a unique and powerful lifetime approach to weight management, health and performance.

The company comprises two divisions from which it offers its services - a corporate health management division and an athletic training division.

www.racers-toolbox.com