

ING Run For Something Better. The Beginning of Something New for the ING Ottawa Marathon

ING and the National Capital Race Weekend today announced the launch of the ING Run for Something Better, an initiative that will provide less-fortunate children with the opportunity to participate in the Ottawa Lions Track and Field Club's Summer Camps and their Junior Development Program, thanks to a contribution by ING.

On Sunday May 30, two of Canada's leading marathon runners, Nichole Stevenson and Bruce Deacon, will race against each other in the ING Ottawa Marathon to determine the number of children who will be participating in these summer camps. Deacon, formerly of Ottawa and now living in Victoria and a two-time winner of the Ottawa Marathon (1999 and 2000), will run for the Lions' west end camp in Kanata while Stevenson will represent the Lions' east end camp at the Terry Fox Athletic Facility.

We are thrilled about this initiative, said Susan Longbottom, president of the National Capital Race Weekend. Not only will the program have an immediate impact on one of the key youth programs in the National Capital, but it will add an exciting new level of competition on race day.

Running, as a sport, reflects many of our company's core values, such as challenging limits, long-term vision and doing things differently, said Rick Howe, Ottawa regional vice president for ING Canada. The ING Run for Something Better program reflects our commitment to empowering Canada's young people to achieve their full potential, and build stronger communities for the future.

The contribution from ING will also fund free entry for less fortunate children to the Lions' weekly Twilight Track and Field Meets for ten weeks. The Lions' programs funded through the ING Run of Something Better aims to introduce children under the age of 13 to track and field sports. In recognition for the participation of Stevenson and Deacon in the program, ING will also make a contribution to a charity of their choice in their respective local communities.

On race day, two cheering zones will be established along the ING Ottawa Marathon route that will invite spectators to cheer for Deacon, Stevenson and the Lions' summer camps they represent as well as for all the participants who are running for their community, the Ottawa Hospital Foundation or the cause of their choice.

The National Capital Race Weekend annually attracts more than 20,000 participants and over 100,000 spectators. 2004 is the 30th anniversary of the Ottawa Marathon.

About the Race Weekend

The National Capital Race Weekend, Canada's premier running festival, combines competition, participation and fundraising to make a distinctive contribution to the health of the community. The Race Weekend has over 20,000 participants in 9 races, including the ING Ottawa Marathon. It is run by a volunteer Board of Directors. This year, the Race Weekend is scheduled for the May 28-30 weekend and the ING Ottawa Marathon will feature a one-loop course for the first time in over 10 years.

About ING

Amsterdam-based ING Group is a global financial institution offering banking, insurance and asset management to over 60 million private, corporate and institutional clients in more than 50 countries. In Canada, ING is the leading property and casualty insurer with annual premiums of more than \$3 billion and one of the most innovative financial services organizations. It provides insurance, banking and investment products and services to approximately 4 million customers via the internet, over the phone or in person.

About the Ottawa Lions Club

Founded in 1973 the Ottawa Lions Track and Field Club has evolved into the most comprehensive program in track and field in all of Eastern Ontario and Western Quebec. Through its commitment to service the National Capital region, the Ottawa Lions have emerged as one of the top national competitive clubs in Canada. Over the last 10 years, the Ottawa Lions members have represented Canada internationally over 200 times. This includes Olympic gold medalist Glenroy Gilbert and Sydney 2000 Olympian Sean Kaley.

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