

STWM19 PR Juan Luis Barrios to run Scotiabank Toronto Waterfront Marathon by Rubén Romero

Juan Luis Barrios will not compete in the 10 thousand meters of the Pan American Games of Lima 2019 due to a muscle injury in his right leg while training 10 days ago.

Barrios told Cancha, “The doctor from Conade advised me to rest from 14 to 21 days before returning to intensive training in order to avoid a major problem, but that will not impede that I will continue with my plans for the rest of the year.

Barrios will participate in the Scotiabank Toronto Waterfront Marathon that is 14 weeks away, looking to qualify for the Tokyo Olympic Marathon 2020. It is a city he remembers fondly, after his gold medal victory there in the 5,000m at the 2015 Pan Am Games.

The runner from the State of México ran 2:10:55 in the 2018 Tokyo Marathon, and his response to a question asked by Cancha about his target time in Toronto was short: “My goal is to classify for the Olympic marathon of Tokyo”.

That means running under 2:11:30, which is the time required by IAAF. This target time should be attainable for him because the Canadian marathon is fast: 8 of its last 10 editions have been won with a time under 2:09:00. And in March of this year he narrowly missed the qualifying standard by 30 seconds when he ran 2:12:00 for third place in the Los Angeles Marathon.

“I chose to run in Toronto because of its climate and because it is a very fast marathon; I’ll take advantage of the elite field to help me set my pace”, commented Barrios.

There is yet another factor which might influence his performance: the rising participation of Mexican runners in this marathon, which could end up being a support and motivation for him. This year, more than 700 Mexican runners are expected on the Start Line in Toronto, making it one of the largest international groups in a total field of 25,000.

The Mexican running community has responded very favorably to the kind treatment received from Alan Brookes, Director of the Scotiabank Toronto Waterfront Marathon, and to the welcome from the City of Toronto to the Mexicans.

“We will take good care of the Spanish speaking Mexican runners in a special section of the Expo, and we will have animation groups cheering in Spanish along the route for them”, Brookes commented to Cancha. “We love our Mexican runners in Toronto! They bring the city alive with their passion, strong running, and love of a fiesta!”

The fun run that took place the morning of Saturday, July 27th at the Bosque de Chapultepec, at the Fuente de las Ninfas, was headed by Alan Brookes and Juan Luis Barrios, to let the community know of Barrios’s participation and to invite runners to participate in Toronto.

Information: www.STWM.ca

JUAN LUIS BARRIOS A TORONTO, por Rubén Romero

Juan Luis Barrios no competirá en los 10 mil metros de los Juegos Panamericanos de Lima a causa de una distensión muscular que sufrió en su pierna derecha durante un entrenamiento, hace 10 días.

“El médico de la Conade me dijo que deje pasar de 14 a 21 días antes de regresar a los esfuerzos intensos para evitar un problema mayor” dijo Barrios a Cancha. “Pero eso no impedirá que siga con mis planes para el resto del año”, agregó.

Barrios participará en el Scotiabank Toronto Waterfront Marathon 2019 el próximo 20 de octubre - dentro de 14 semanas-, buscando calificar para el maratón olímpico de Tokio 2020.

El mexiquense marcó 2h10'55' en el Maratón de Tokio 2018 y respondió breve a la pregunta de Cancha, acerca de su objetivo de cronometraje en Toronto: “Mi meta es clasificar para (el maratón olímpico de) Tokio”.

Eso significa correr por debajo de 2h11'30”, que es lo que pide la IAAF, una marca que no se le debe complicar si se piensa que ese maratón es rápido, ya que ocho de sus últimas 10 ediciones han sido ganadas con menos de 2h 09'.

“Escogí Toronto por su clima y por ser un maratón rápido; aprovecharé al resto de los corredores como referencia para ayudarme a marcar mi paso”, dijo Barrios.

Pero hay otro factor que puede influir en su desempeño: la creciente participación de los corredores mexicanos en ese maratón, que podría convertirse en una suerte de apoyo para él.

La comunidad corredora mexicana ha respondido muy bien al trato cordial de Alan Brookes, director del maratón, y en general de la Ciudad de Toronto.

“Atenderemos a los corredores mexicanos hablando en español en una parte de la Expo, y tendremos grupos de animación en español a lo largo del trayecto, comentó Brookes a Cancha.

Hoy por la mañana se está efectuando un trote de convivencia en el Bosque de Chapultepec, en la Fuente de las Ninfas, encabezado por Alan Brookes y Juan Luis Barrios para dar a conocer su participación y para invitar a los corredores a participar en Toronto.

Informes: www.torontowaterfrontmarathon.com/

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