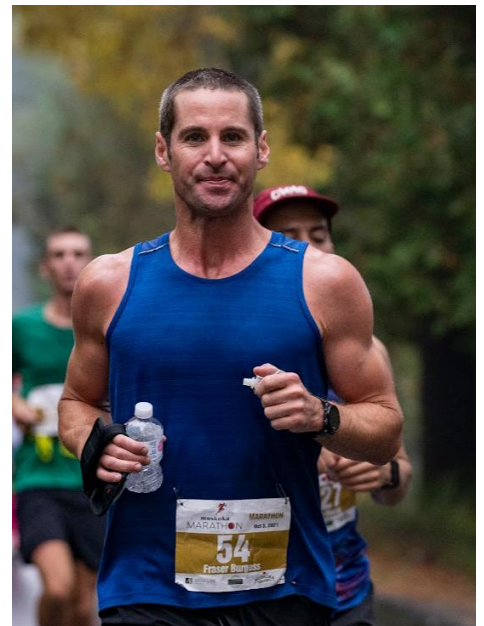

FOR IMMEDIATE RELEASE

March 23, 2022

Local Parry Sound—Muskoka District Resident to run Boston Marathon April 18, 2022

Bracebridge, Ontario: Lakeland Networks is proud to support one of their own and announce that Fraser Burgess of Bracebridge, Ontario will be participating in the Boston Marathon on April 18, 2022. The Boston Marathon is the world's oldest annual marathon and ranks as one of the world's most prestigious road racing events. Fraser, a resident of Bracebridge, Senior Planner of our and your local fibre / wireless networks, and long-term employee of Lakeland Networks. Fraser resides with his spouse, a local high school teacher, and his biggest support, and daughter.

Fraser Burgess began running in early 2017 at age 35 as part of the rehab protocol from ACL reconstruction surgery. He entered his first 5km and 10km races that summer. Having never run much more than a 10km race he registered for the Niagara Falls Marathon scheduled for fall 2017 with the goal of just finishing it. He completed the race in 3:37. In hindsight, Fraser realized how wildly unprepared he was for these races. Through 2018 and 2019 he began to enhance his training and take racing more seriously. He was targeting the 2019 Hamilton Marathon and at that point the goal of qualifying for the Boston Marathon was firmly implanted in his mind. Through this period, he was training hard but constantly battling injuries as his body adjusted to the levels of intensity required. In the final weeks before the race he got injured and on race day ended up walking off the course at the 33km mark unable to continue. After the disappointment of Hamilton, he laid out a two-year plan to build towards another marathon attempt at age 40. He worked to consistently get better, making incremental gains in speed, endurance, and mental strength week after week. In 2021, he finally got another chance to challenge the marathon on a newly created Boston Marathon qualifying course on home turf. The Muskoka Marathon was held in October, and he arrived at the start line prepared and healthy with lots of local support present. He had a good day and ran the 42.2km in 2:59:32 which qualified him for this year's Boston Marathon by more than 10 minutes.



“The journey to qualify for the Boston Marathon has been transformative for me. The opportunity to qualify on a home course at the Muskoka Marathon with big support from the growing local running community was an added bonus. I’m looking forward to sharing this accomplishment with a few other amazing Muskoka based runners headed to Boston in April.” said Fraser Burgess.



“A valued member of Lakeland’s team, we have all watched Fraser’s perseverance in achieving this goal. As with community involvement, Lakeland is committed in helping team members achieve their personal goals and are pleased to support Fraser in fulfilling the achievement of crossing the finish line in Boston,” stated Chris Litschko, CEO.

Well noted, the [Boston Marathon](#) is recognized as the pinnacle event within the sport of road racing by virtue of its traditions, longevity, and method of gaining entry into the race (via qualification). The annual marathon race is hosted by several cities and towns in greater Boston in eastern Massachusetts, United States. The course runs through 26.2 miles (42.195 km) of winding roads. With approximately a half a million onlookers, the Boston Marathon is New England's most widely viewed sporting event. For the entire distance of the race, thousands line the sides of the course to cheer the runners on, encourage them, and provide free water and snacks to the runners. The marathon is a grueling test of endurance and a special kind of challenge for those who qualify. For those lucky enough to gain a spot in the race, completing the course is the ultimate running goal. It is one of the most revered courses in history and a mark of honor to earn your way in.

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For further information, contact:

Dave Keith

Director of Business Development & Operations

Lakeland Networks

dkeith@lakelandnetworks.com

jmontpetit@lakelandholding.com

705.646.1846 x507

About Lakeland Networks



Lakeland Energy’s retail arm Lakeland Networks provides internet services to more than 7,000 customers. Fibre optic and wireless internet service is provided in communities, from South River south to Orillia, east to Lindsay and Fenelon Falls, as well as service to Wasauksing First Nation and additionally Parry Sound. Lakeland Networks is the largest and most diverse locally owned and based communications provider in the District of Parry Sound & Muskoka. Lakeland Energy is a subsidiary of Lakeland Holding Ltd. wholly owned by the municipalities of Bracebridge, Huntsville, Parry Sound, Burk’s Falls, Sundridge and Magnetawan.