

## Media Release

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### FOR IMMEDIATE RELEASE

*Five Thousand Meters: Nothing Comes Easy* heads into post-production

COLORADO SPRINGS, Colo. (September 8, 2004)- Fans of American distance running will soon get to know their heroes a little better. Negative Split Pictures (NSP) is proud to announce that their first feature film, *Five Thousand Meters: Nothing Comes Easy* has entered post-production.

The first film of its kind, *Five Thousand Meters: Nothing Comes Easy* follows the top 5k runners in the country as they prepare for the Olympic Trials and their shot at the Olympic team.

The all-star cast of runners includes Tim Broe, Jonathon Riley, Bolota Asmerom, Matt Lane, and Mark Menefee – the top five runners at the Olympic Trials in July. Also featured are Adam Goucher, Jorge Torres, Ryan Bak, and Dathan Ritzenhein.

“The mix of athletes in the project is what makes it great,” said director Brennan Galloway. “You have some runners just hoping to make it to the Trials, some runners who are there to win, some runners really struggling with injuries and the mental aspect of running. Together they do a good job of really showing what running on the elite level in America is all about.”

From the Mt. Sac Invitational in April through the Olympic Trials in July, *Five Thousand Meters: Nothing Comes Easy* chronicles the hard work, injuries, doubts, breakthroughs, and success of the runners.

Shot on location with the Nike Farm Team, Team USA Monterey Bay, the Hansons-Brooks Distance Project, Mark Wetmore’s training group in Boulder, and Ron Warhurst’s runners in Ann Arbor, the film covers the hotspots of American distance running.

“We were really fortunate that we were able to feature the athletes that we wanted,” said Carl Leivers, the producer behind the film. “All of the top 5k guys in the country are in the film which makes it more about the race to make the team than about any particular runner.”

The film is more than simply a video training log, however. Thanks to unprecedented access to the athletes and coaches, *Five Thousand Meters: Nothing Comes Easy* will take the viewer inside the lives of those struggling to make the Olympic Team.

In-depth interviews with the runners and their coaches make the film a personal chronicle of the Olympic dream and of finding the limits of personal performance.

“I think this really fills a need in the running community,” said Galloway. “There just isn’t much coverage of American distance running and people really don’t know much about these runners as people. I think this film will let them get closer than ever before.”

*Five Thousand Meters: Nothing Comes Easy* is scheduled for a Fall 2004 release.