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CONTACT:

Rae Ann Darling Reed
President & Coach, RunnerGirl Inc.
941-727-2985
coach@runnergirl.com
<http://www.RunnerGirl.com>

**TEAM RUNNERGIRL TAKES SECOND PLACE IN THE WOMEN'S
OPEN DIVISION AT THE HILLS OF LAKE COUNTY CROSS COUNTRY
RELAY.**

Clermont, FL, December 17, 2005 – Five Manatee County women, all members of the Bradenton Runners Club, tackled the hills of Lake County in the first ever Cross Country Relay Race at the National Training Center in Clermont. Representing Team RunnerGirl from East Manatee County were Rachel Pritchard, Cherie Jones, and Rae Ann Darling Reed and from West Manatee County were Elizabeth Kelly Wenz and Emily Roff.

Competition was fierce, as were the hills along with a bit of chilly weather, but these women had fun, as most have not run Cross Country since high school or college. Rachel Pritchard, Cherie Jones, and Rae Ann Darling Reed were able to be part of a team and enjoy a sport from their past right along with current Cross Country and Track runners Kelly Wenz of Manatee High and Emily Roff of USF in Tampa.

Team RunnerGirl finished second in the Women's Open Division with a combined team time of 1:46:49. The relay race consisted of each of the five team members completing a total of 5,000 meters. Each runner raced a hilly 2,500 meter loop then handed off the baton to the next. Once the fifth runner completed the first 2,500 meters, each team member repeated the loop. On the final leg of the relay, the whole team joined the fifth runner for the finishing lap on the track.

After winning team and individual titles at the USA Track & Field Junior Olympics/Open/Masters Cross Country Championship on the same course in November and taking second place at this Cross Country Relay, Team RunnerGirl has proven to be tough competition on the trails and will take to the roads in 2006, beginning with the Gasparilla Chick-Fil-A Team Trio Relay in Tampa the last weekend in February.

ABOUT RunnerGirl Inc. – Primarily a Web based company providing free training advice, tips for new runners, motivation, injury prevention, safety tips, nutrition, and racing for girls and women around the world. RunnerGirl also offers online or in person coaching for runners and walkers of all abilities. www.RunnerGirl.com is the only place to purchase official RunnerGirl® running apparel, accessories, and gifts.

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