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TEAM RUNNERGIRL TAKES FIRST PLACE OVERALL IN THE CHICK-FIL-A TEAM TRIO CHALLENGE AT GASPARILLA.

Tampa, FL, February 28, 2006 – Three Manatee/Sarasota area women teamed up for the Chick-Fil-A Team Trio Challenge of the Gasparilla Distance Classic. Representing Team RunnerGirl were Rachel Chambers in the 15K, Melissa Reifschneider in the 5K, and Rae Ann Darling Reed in the Half Marathon.

This is Team RunnerGirl's second time participating in and winning the Chick-Fil-A Team Trio. Not only do they win the female team division, they have been overall winners two years in a row. This year's combined team time was 2:55:33 – approximately ten minutes faster than the second place team. In the 15K on Saturday, Rachel ran a new personal best with a 57:59, placing second in her age group. In the 5K, also on Saturday, Melissa took second place in her age group with a 20:25. On Sunday in the Half Marathon, Rae Ann placed third in her age group with a time of 1:37:09. All three women are in the same age group.

The rewards? Camaraderie, new friends, a huge stuffed Chick-Fil-A cow, and a year's worth of free Chick-Fil-A!

After winning team and individual titles at the 2005 USA Track & Field Junior Olympics/Open/Masters Cross Country Championship, taking second at The Hills of Lake County Cross Country Relay, and winning the Chick-Fil-A Team Trio two years in a row, Team RunnerGirl has proven to be tough competition on both the road and trails. This fall, the team will take to the trails once again in Cross Country action throughout Florida.

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's certified coaches offer online or in person coaching for runners and walkers of all abilities. [RunnerGirl.com](http://www.RunnerGirl.com) is the only place to purchase official RunnerGirl® technical running apparel, accessories, and gifts.

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