

December 16, 2006

The Hills of Lake County Cross Country Relay

National Training Center, Clermont, FL

Team RunnerGirl – 2nd place Women's Open Division - 5 runners each ran a 5K:

Hannah Brickse	20:33
Lauren Wickman	21:09
Caroline Curran	23:53
Jessica McKinnis	22:38
Rae Ann Darling Reed	20:28

25K Total Team Time 1:48:41

Hills-of-Lake CC Relays is Fun Family Event

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What it lacked in big crowds, the eager participants made up for in enthusiasm! Today on the hilly NTC course in Clermont 11 teams of five came together for a unique cross country relay event.

Each team ran a total of 25K, with each athlete running two legs of 2500 meters. Splits ranged from just under 8 minutes to well over 15. It wasn't time that mattered; it was the challenge and the teammates!

Several youth teams and young adults took part. There was Fireant Bait, made up of a group of Lake Brantley High School Alumni. The home team, Breakaway Track Club, fielded two teams made up of mainly middle school aged athletes. **Team RunnerGirl was made up of a group of girls from Manatee County, headed by coach Rae Ann Darling Reed.** Local stars Josh Wolfe (Leesburg First Academy) and Kelsey Arellano (East Ridge) competed on teams as well. Other creative team names included Sharks With Frikin Laser Beams and the Tri-Maniacs!

But oh it wasn't all fun and games, there was some rivalry. The pre-meet favorites, Special K were feeling pretty confident going in. After all, they were made up of the five athletes likely to be the Boone High School scoring members in next fall's cross country season--always one of the top teams in the state. But the rag tag bunch known as the Orlando All-Stars had nothing short of victory in mind.

The All-Stars were made up of Christian Ducos (Freedom), Ryan Jones (Lake Brantley), Chris Pruitt (Mt. Dora Bible), Ryan Dey (Dr. Phillips) and anchor Michael Lambert (Freedom). In the end it was close for a 25K race. Michael Lambert took the baton with about 200 meters of padding over the Special K anchor and that was all he needed to take home the win, with a closing leg under 8 minutes. The team got the victory and a new course record of 1:22:26.



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