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TEAM RUNNERGIRL DEFENDS REGIONAL TITLE AT JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS.

Clermont, FL, November 18, 2006 – Team RunnerGirl conquered the hills and competition in Clermont at the USA Track & Field Junior Olympics Cross Country Region 4 Championships, defending their team title.

The young ladies from Manatee County have now won the young women's (born 1988-1989) division two years in a row. The championship team was led by silver medalist Tawny Najjar (22:10) of Bradenton Christian School and bronze medalist Christina Natali (22:48) of Manatee High. The rest of RunnerGirl's team consisted of Manatee's Ashley Sharpin (30:16) in fourth place, former Manatee High runner and current UCF student Skylar Melnick (30:33) in fifth, and Manatee High's Allison DeGroat (31:35) in sixth place. The team scored 15 points with a combined team time of 2:17:32 for the hilly double loop course at the National Training Center.

This year Team RunnerGirl also entered athletes in the Intermediate (born 1990-1991) and Youth (born 1992-1993) races. Leading the 5K Intermediate race was bronze medalist Jessica McKinnis (23:30) of Palmetto High followed by Lakewood Ranch's Megan Reuss (23:38) in fourth place. The 4K Youth race featured Lakewood Ranch High's Kelsey Grimaldi (18:08) in fourth place, Manatee High's Caroline Curran (19:05) in fifth, and Lakewood Ranch's Wendy Reuss (23:10) in eighth place.

Team RunnerGirl has won team titles for two years in a row in both the Junior Olympics Cross Country Region 4 Meet and the Gasparilla Chick-Fil-A Team Trio, proving to be tough competition on both the trails and the roads. Next on the schedule are the Hills of Lake County Cross Country Relay in Clermont on December 16, 2006 and the Chick-fil-A Four-Person Marathon Relay as part of Gasparilla weekend in Tampa on February 18, 2007.

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



Left to Right:
Tawny Najjar, silver medal young women's race
Christina Natali, bronze medal young women's race
Jessica McKinnis, bronze medal intermediate girls' race



TEAM RUNNERGIRL

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