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## **TEAM RUNNERGIRL DEFENDS TITLE AT GASPARILLA MARATHON RELAY.**

**Tampa, FL, February 10, 2008** – Team RunnerGirl won the Gasparilla Marathon relay for the second year in a row. They were the first female team to cross the finish line and second overall out of the 37 relay teams which included categories of male, female, mixed, and masters.

Team RunnerGirl consisted of:

Leg 1: 7 miles – Rae Ann Darling Reed of Bradenton  
Leg 2: 7 miles – Heather Gollnick of Bradenton  
Leg 3: 8 miles – Heather Butcher of North Port  
Leg 4: 4.2 miles – Pam Chaffin of Bradenton

Their marathon finish time was 2:59:44, knocking off over 9 minutes from last year. During the relay, participants passed a ChampionChip on an ankle strap rather than a baton at each of the exchange points. The chip was used to record the time and place. This is Team RunnerGirl's second victory in a row in the marathon relay and they also have two wins under their belt from the 2005 and 2006 Chick-fil-A Team Trio competition at Gasparilla. This is only the second year that Gasparilla has offered the marathon relay.

### **The team:**

**Rae Ann Darling Reed** is a USA Track & Field level 2 and RRCA certified running coach. She is the President of RunnerGirl Inc., works at On A Shoestring (Bradenton's running store), coaches Cross Country and Track at Manatee High School, and wears many hats for the Bradenton Runners Club - Webmaster, newsletter editor, recording secretary, and club coach. She started Team RunnerGirl several years ago and the team has won events such as the Regional Junior Olympics Cross Country, Gasparilla Marathon Relay, and the Gasparilla Chick-Fil-A team trio. <http://www.RunnerGirl.com>

**Heather Gollnick** is a professional triathlete, mother of three, a five time Ironman champion, and past National and World champion at the duathlon and triathlon level. She is a USA Triathlon certified coach and the CEO of IronEdge Coaching. <http://www.heathergollnick.com>

**Heather Butcher** is Certified Personal Trainer, Red Cross CPR and AED Healthcare provider, Red Cross Water Safety Instructor and Nutrition Counselor. She is a world class triathlete having been nationally ranked from 1997 through 2002, a USA All-American, 3-time top-10 winner at the Triathlon World Championships and a 3-time top 5 finisher at the Clermont iron man distance triathlon. She is the owner of Healthy BodyZ a complete personal fitness service. <http://www.healthybodyz.net>

**Pam Chaffin** is the Director of Bands at Southeast High School. She has been teaching for ten years and is in her fifth year at Southeast. She is a member of the Bradenton Runners Club and this is her second year as part of Team RunnerGirl. Pam is a top age group runner who competes in races from 5K to the marathon. She regularly competes in races such as the Jacksonville Gate River Run 15K, which is the national 15K championship race. <http://www.sehsband.com>

**ABOUT RunnerGirl Inc.** – A company created to promote health and fitness for girls and women of all ages. It is primarily a Web based company providing free training advice, tips for new runners, motivation, injury prevention, safety tips, nutrition, and racing information. RunnerGirl offers certified coaches for online or in person coaching for runners and walkers of all abilities. Official RunnerGirl® technical running apparel, casual wear, accessories, and gifts are available for purchase at <http://www.RunnerGirl.com> and select retailers.

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