

FOR IMMEDIATE RELEASE:



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

TEAM RUNNERGIRL SWEEPS POWERADE 5K GRAND PRIX AT FORT DE SOTO.

St. Petersburg, FL, August 17, 2008 – Team RunnerGirl dominated the PowerAde 5K Grand Prix race at Fort De Soto. Every one of the RunnerGirl athletes took home hardware from this racing series race. Conditions were tough as the race started at 9:00 a.m. and runners had to battle the sun, heat, and humidity in addition to the competition.

Overall Female Winner – Rae Ann Darling Reed

Age Groups:

1st place 16-19 – Jessica Pate

2nd place 16-19 – Diana Nelson

3rd place 16-19 – Nicole Iglesias

1st place 20-24 – Jennifer Schwan

The PowerAde 5K Grand Prix racing series is part of the Publix Family Fitness Weekend (<http://www.familyfitnessweekend.com>) which includes 5K races in six different cities throughout Florida. The top ten runners in each race accumulate points and work towards series awards, with the top three male and female series winners receiving a cash prize. Rae Ann is the current female point leader for the PowerAde 5K Grand Prix racing series, placing first overall in three races so far (St. Leo, Fort Lauderdale, and St. Petersburg). There are two races left in the 5K series with the championship weekend in October at Cypress Gardens.

Rae Ann Darling Reed is a USA Track & Field level 2 and RRCA certified running coach. She is the President and Head Coach of RunnerGirl Inc., is the Vice President of 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 two years in a row, and the Gasparilla Chick-Fil-A team trio.

Jessica Pate is a senior at Manatee High School who has had great success in both cross country and track. She ran strong Regional races during the 2008 track season in both the 4x800 relay and the 3200 meters. Jessica will be one of Manatee's top runners again this year. She is also an active Bradenton Runners Club member.

Diana Nelson is a junior at Manatee High School who continues to improve season after season in cross country, track, and road racing. She ran both the 4x800 relay and 1600 meters at the 2008 Regional track meet. Diana is an active Bradenton Runners Club member and will be a top runner for Manatee High for her last two years of high school.

Nicole Iglesias is a junior at Manatee High School who excels in cross country, basketball, and track. She was part of the 4x800 relay team that competed at Region and won the District championship. Nicole will be a top returning runner for the next two years and she is an active member of the Bradenton Runners Club.

Jennifer Schwan is a recent graduate of Florida Atlantic University, where she competed on scholarship in cross country and track. She was a top runner her senior year at Manatee High and as captain led the 2003 cross country team to history when they won the county, district, and regional meets and placed seventh at state.

Race photos: <http://www.runnergirl.com/team.shtml>



TEAM RUNNERGIRL

Left to right: Jennifer Schwan, Nicole Iglesias, Rae Ann Darling Reed, Jessica Pate, Diana Nelson

ABOUT RunnerGirl Inc. – A company created to promote the health and fitness of 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 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.

###