

FOR IMMEDIATE RELEASE:



CONTACT: Rae Ann Darling Reed
President & Head Coach, RunnerGirl Inc.
941-586-9375, coach@runnergirl.com
<http://www.RunnerGirl.com>

HIGH SCHOOL RUNNERGIRLS SUCCESSFUL ON THE ROAD AND TRACK

Sarasota, FL, March 28, 2009 – At the Springfest 12K in Palmer Ranch, four Manatee High cross country and track teammates ran their first 12K road race as part of Team RunnerGirl. **Shelby Raye** finished first in the 16-19 age group with a time of 58:26, followed by **Nicole Iglesias** in second place in 58:42, and **Diana Nelson** in third in 1:01:54. In the 13-15 age group, **Jessica Romine** took first place in a time of 1:05:23.

Team RunnerGirl and Manatee High Coach Rae Ann Darling Reed thought the 12K would be a fun alternative to their weekend long run. **Iglesias** and **Nelson** are veterans of the road racing scene as both ran their first half marathon in Miami in January and have run many road races including a 10 miler and a couple of 10K races last year. For **Raye** and **Romine**, this was their first attempt at a longer road race and both ran exceptionally well. Darling Reed feels that it is important not only to train the girls for their cross country and track races, but to also expose them to the joys of road racing in hopes that they will continue running as a lifelong sport.

In the Miami Half Marathon in January, **Jessica Pate** of Manatee High placed sixth in her age group with a time of 1:44:51, followed by **Nicole Iglesias** of Manatee High in 8th place in 1:50:01, **Kelsey Grimaldi** of Lakewood Ranch High in 10th with a 1:53:45, **Megan Reuss** of Lakewood Ranch in 14th place in 1:54:52, and **Diana Nelson** of Manatee High in 18th place in 1:57:54. All five girls achieved their goal of finishing in under two hours.

Next month, several of Manatee High's top runners will compete in the District and Regional track meets as well as the K-Swiss 10K State Championship and De Soto 5K road races.

<http://www.RunnerGirl.com/team.shtml>

ABOUT RunnerGirl Inc. – A company created to promote health and fitness for 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's certified running coach, Rae Ann Darling Reed offers both online and 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, including On A Shoestring in Bradenton.

###

Springfest 12K



Jessica Romine, Diana Nelson, Shelby Raye, Nicole Iglesias



Diana Nelson, Shelby Raye, Jessica Romine, Nicole Iglesias

Team RunnerGirl at the 2009 Miami Half Marathon



**Left to Right:
Jessica Pate, Diana Nelson, Kelsey Grimaldi, Megan Reuss, Nicole Iglesias, Rae Ann Darling Reed**