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TEAM RUNNERGIRL WINS FOURTH TITLE IN A ROW AT FINAL GASPARILLA MARATHON RELAY

Tampa, FL, March 5, 2010 – Team RunnerGirl won the Gasparilla Marathon relay for the fourth year in a row on Sunday, February 28, 2010. They were the first female team to cross the finish line and second overall out of the 118 relay teams which included categories of male, female, mixed, and masters. The RunnerGirls finished over 30 minutes ahead of the second place female team.

Team RunnerGirl consisted of:

- Leg 1: 7 miles – Rae Ann Darling Reed of Bradenton
- Leg 2: 7 miles – Shana Bickel of Sarasota
- Leg 3: 8 miles – Heather Butcher of North Port
- Leg 4: 4.2 miles – Diana Nelson of Bradenton

RunnerGirl's marathon finish time was 3:03:00, which is their second fastest time ever in the relay. This year only an all male team was able to beat Team RunnerGirl to the finish line. During the relay, runners passed a timing chip 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 fourth 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 the fourth year that Gasparilla has offered the marathon relay and it will be the last as they will no longer offer a marathon as part of Gasparilla weekend.

Team RunnerGirl is put together every year by Coach Rae Ann Darling Reed who is the President of RunnerGirl Inc. and a USA Track & Field level 2 and RRCA certified running coach. Joining her for the final relay event were Shana Bickel, a top runner from Sarasota, Heather Butcher, a world class triathlete and personal trainer, and Diana Nelson, a top cross country and track runner at Manatee High who will graduate this year and attend University of Florida in the fall.

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 offers certified personal coaching, both online and in person 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.

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