National Running Day Winners for 2010

On Wednesday, June 2, 2010 was National Running Day and our club members reported 215 miles ran on that day! Great job for a week day of running! That was over 20,000 calories burned on that day which is enough to consume 37 small Oreo blizzards! (Sorry but Donna and I never met a Dairy Queen we did not stop for or think about!)

Members running the most miles were **George Brown** (15) and **Rhonda Williams** (14). Kudos also to **Donna Akers**, **Todd Donova**n and **Bruce Blankenship** for running double- digit miles that day. I know next year we will surpass 215 miles. Gifts were given to the top two runners and one runner chosen at random (**Gary Akers**).

Lee Scruggs, Past President