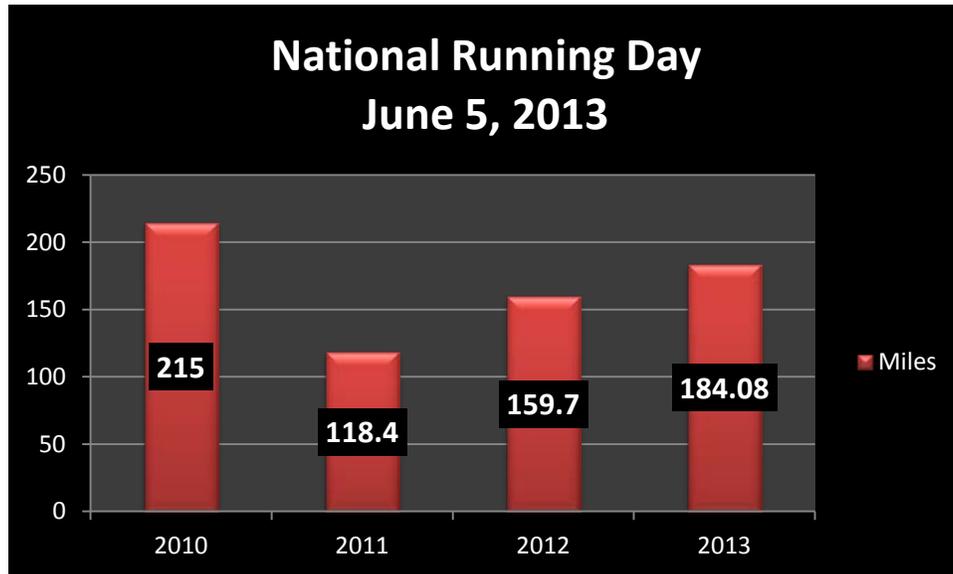


National Running Day 2013

Thirty-seven members logged their miles for National Running Day (June 5, 2013) for a grand total of 184.08 miles. In addition to submitting their mileage, members sent in their favorite race and why.



| First Name | Last Name | Miles Ran | Favorite Race |
|----------------|-----------|-----------|---|
| Robert | Petry | 3.00 | My favorite race is the one where I'll get my next PR. |
| Donna | Akers | 6.00 | Big Sur California Marathon, so beautiful on the west coast. |
| Vonda | Wilson | 6.50 | Myrtle Beach Bi-Low race because I spend time with my friends afterwards. We always have a lot of fun down there. |
| Missy | Burleson | 7.00 | My favorite race was the last one the Summersville Run to Remember. I did it last year as my first race ever and repeated it this year as my 10th. Last year my time was 34 min this year it was 26 min and a new PR for me AND last year I could not run the hill and this year I did :) |
| Kristy | French | 4.25 | Any race with my running friends is great. |
| Anita Sturgill | Wagner | 3.00 | The Blue Ridge Half because it was so well put together, the support was great and it was really a sense of accomplishment to finish. |
| Dena | Wiley | 8.00 | My favorite race has been the |

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| | | | Pumpkin Run. I had heard about it for years and it was nice to actually be able to run in it with my family. It's a great time of year and a beautiful location. |
| Byron | Guy | 4.00 | |
| Tom | Davis | 2.00 | 1979 - Honolulu Marathon - Hula dancers at least 10 places along the route. Every 2 miles a water station with large sponges to use until the next sponge stop. Finish at very large Kapialani (sp?) Park right below Diamond Head. |
| Paul | Pennington | 6.00 | Any race I get to see my friends a.k.a. running family. Me and Jessica always look forward to that. And she hates when she has to work because she misses seeing everyone. |
| Lee | Scruggs | 2.00 | NYC as there is nothing like being cheered on by 2 million spectators! |
| April | Dutton | 3.60 | |
| Revona | Wills | 4.14 | |
| Desi | McClung | 3.50 | Charleston Distance Run |
| Sean | O'Sullivan | 5.00 | Disney World Marathon because my twin girls were just 6 months old. |
| Lynsey | Artrip | 4.00 | |
| Nick | Whited | 18.26 | Myrtle Beach Marathon; ran a 13:05 pr (2:42:47; old pr was 2:55:52) and was 3rd overall; plus Maria was there to watch me finish; a person doesn't have many races in a career like that; I was blessed by God; especially coming back from serious Achilles surgery in 2010. |
| Jennifer | Alvarez | 3.00 | My favorite race is the Pumpkin Run for lot of reasons: it was the first race I ever did and where I met the Roadrunners for the first time. It has the best food! And it is the race where our running family is usually all together. |
| Jeannie | Weitzel | 3.00 | |
| Jason | Weitzel | 6.00 | |
| Jordan | Weitzel | 6.00 | |
| Bruce | Blankenship | 14.00 | In honor of what would have been my Mother's 90th birthday. My |

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| | | | <p>favorite race, it would be hard to say. I am a great great fan of the Charleston Distance Run. Of marathons, it would be Honolulu. There are so memorable ones. It is hard to day at the end of the day. I am just glad to be able to run and see all my wonderful friends on race day (except when they beat me J) Just kidding, I just love to race.</p> |
| Paul | Hodges | 2.50 | My favorite race was the Snowshoe Mountain Challenge. A 10k, six miles of which was up hill. Obviously, it was not the most fun, but the challenge and satisfaction when you reached the top was rewarding. |
| Nancy | Hodges | 3.00 | |
| Tom | Gordon | 6.20 | My favorite race is the Richmond Marathon because it has a great course, music and well organized....and it was the first marathon I ran. |
| Ronnie | Shuck | 6.00 | Griss Mill Grinder...the first trail half at first of year and it is the toughest one all year. It helps you get ready to run long races. |
| Tony | Paynter | 2.00 | |
| Rick | Shannon | 3.50 | My most memorable race was The Varmint 5k in 2009 where my good friend Steve Hunt introduced me to my 1st 5k run and i've been hooked ever since . Looking forward to my 1st half marathon this Saturday at the Varmint! |
| Randy | Tephabock | 7.00 | |
| Crisandra | Honaker | 7.00 | |
| Michael | Canterbury | 3.10 | |
| Danny | Keatley | 4.50 | |
| Keisha | Riley | 2.00 | My favorite race is the Elswick Run in September at Bluefield College, because it was the first 5k I completed when I started running again in 2009. I also met a lot of good people there, and its the run that motivated me to keep going and to join the SWVRRRC. |

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| Tom | Kaylor | 3.00 | My favorite race is the Chatauqua 5k because this is the one race that my daughters and I have consistently been able to run together over the past several years. |
| Doc | Craddock | 6.03 | CDR is favorite WV race - well-organized, 15 mi is unique distance, traffic control is good, treatment of runners is superior. |
| Steve | Hunt | 6.00 | |
| TOTAL | | 184.08 | |