

McKeig Leads Zap Fitness In Bay Area Challenge

Written by Staff Reports

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Alissa McKeig turned in a third place finish, and Zap Fitness Foundation of Blowing Rock, N.C., produced five top ten finishes last Sunday at the Bay Area

Cross Country Challenge on Sunday at Golden Gate Park in San Francisco, CA.

McKaig completed the six kilometer course (3.73 miles) in 19:59; teammate Sarah Crouch finish fifth in a time of 20:17. For the men's 8 kilometer (five mile) race, Cameron Bean turned in a strong performance as he finished third in 23:39, just three seconds behind Yosef Ghebray of Palo Alto, CA., who won the race in 23:36.

First year ZAP athlete Tyler Pennel was sixth in 24:03 and Michael Crouch finished in 24:14. ZAP athletes return to competition on February 2 at the US Cross Country Championships in St. Louis, MO.

Photo Courtesy: Alissa McKeig, Zap Fitness