

Crouch Impressive At USA Championships

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The Zap fitness Foundation, located in Blowing Rock, N.C., has built a strong reputation in developing distance runners over the years. And the 2013 season is off to a roaring start.

Resident athlete and Blowing Rock resident, Sarah Crouch finished third at the U.S. Championship 10-Mile Road Race at the Cherry Blossom Ten Mile Sports Complex in Washington, D.C. Crouch finished Sunday's race in the personal best time of 54:16. Crouch was third among the American runners and ninth overall. Foreign athletes were allowed to compete in Sunday's event.

Zap rookie Mary Ballinger won the women's 3,000-meter steeplechase at the Duke Invitational in the personal best time of 10:18.

Photo Courtesy: Sarah Crouch, Zap Fitness Foundation