

Crouch, Porter Shine For Zap Fitness

Written by Mike Kelly

Tuesday, 13 March 2012 12:02

Zap Fitness of Blowing Rock has been blessed with the addition of Michael Crouch and Sarah Porter, a pair of first-year runners that have held their own against some

of the best runners in the world.

Crouch, a native of Yucca Valley, CA, and Queens University in Charlotte, turned in a solid effort at the European Road Racing Championships. He turned in a second-place finish at the Armagh International Five Kilometer Run in Armagh, Ireland, a suburb of Belfast, Ireland, on February 9. Crouch crossed the finish line in 13:45.

Porter, who made a strong debut at the New York City Marathon last fall, ran in the U.S. Road Racing Championships last weekend in Jacksonville, FL. The Bellingham, WA., native from Western Washington University, finished eighth in the 15 KM race in 45:30.

And Alissa McKaig of Zap Fitness has been ranked sixth among female marathon runners in the U.S. in 2011 by Track & Field Magazine. McKaig, a Michigan State alum, had a strong showing at the Olympic Trials in Houston, TX., in January. She finished eighth at the trials in the Zap Fitness-record time of two hours, 31-minutes and 56 seconds.

Photo Courtesy: Michael Crouch, Zap Fitness