

ZAP Fitness To Host Stickboy-Mayview Madness 5k Run

Written by Staff Reports
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The Blowing Rock based ZAP Fitness long distance running center has agreed to direct the 13th annual Stickboy Bread Co. / Mayview Madness 5k which will take place Saturday September 22, 2012 at 8:30 a.m. The race,

which has become a fixture on the Western North Carolina road racing circuit, is open to runners and walkers of all ages and abilities and will also include a 1 mile kids fun run at 8:00 a.m. Awards will include a pair of Reebok Running Shoes for each Division Winner as well as local baked goods, gift certificates and drawings. The race benefits the Blue Ridge Conservancy and is sponsored by StickBoy Bread Co. of Boone, Bistro Roca Restaurant of Blowing Rock, and m-Prints, Inc. of Boone. ZAP Fitness coaches and staff will again be offering 5 mini training seminars (free of charge) once per week beginning Wednesday, August 22 for all interested runners / walkers. Topics will range from nutrition to shoe selection to intelligent training principles and proper running form. For more information contact the ZAP Fitness Center at 828-295-6198. Registration is now open for the event (see URL below).

<http://www.active.com/running/blowing-rock-nc/stickboy-mayview-madness-5k-2012>

Photo Courtesy: Pete Rea, ZAP Fitness