

## Stick Boy Mayview Madness 5k Free Training Runs / Clinics

Written by Staff Reports  
Friday, 17 August 2012 08:29

---

For the 2nd year in a row the ZAP Fitness Running Center is offering 5 weeks of free training runs / clinics in preparation for the Stick Boy Mayview Madness 5k – set to take place September 22nd (see below for race details). Training runs

are open to all ages and abilities and will range in distance from 2-7 miles. Runners will meet each week at 5:45 p.m. at the dirt parking lot on rt. 221 adjacent to the entrance to Moses Cone Park

August 22nd – Setting Up a Proper Training Program

August 29th – Hill Running / How to Improve Running form

Sept 5th – Interval & Speed Training

Sept. 12th – Nutrition for Runners

Sept 19th – Mayview Madness Race Strategy (Course Tour)

Sept 22nd – Mayview Madness 5k (8:00 a.m.)

### **13th Annual Stick Boy Mayview Madness 5k Set for Sat. Sept 22**

Join us once again in beautiful Blowing Rock, NC for the 13th annual StickBoy Bread Co. Mayview Madness 5k. The race, which benefits the Blue Ridge Conservancy, will take place on Saturday September 22nd starting adjacent to the American Legion Hall in downtown Blowing Rock. The scenic course, voted one of the most beautiful in the country, winds through the historic Mayview neighborhood of Blowing Rock and finishes in front of Bistro Roca Restaurant. Awards this year include a pair of Reebok Running Shoes for each age group winner as well as locally roasted free trade coffee, pottery and gift certificates.

## **Stick Boy Mayview Madness 5k Free Training Runs / Clinics**

Written by Staff Reports  
Friday, 17 August 2012 08:29

---

### Schedule of Events

7/1 - Preregistration on-line – now open (see below!)

9/20 & 9/21 (On-Site Registration at Stick Boy Boone, NC (6:30 a.m. – 7:00 p.m.)

9/22 –7:00 a.m. Day of Registration - American Legion Hall 256 -333 Wallingford St

8:00 a.m. – Kids 1 mile Fun Run

8:30 a.m. – Mayview Madness 5k

9:30 a.m. - Awards

**Photo Courtesy: Pete Rea, Zap Fitness**