

Porter, Penell Pace Zap Fitness In Richmond

Written by Staff Reports

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Sarah Porter-Crouch and Tyler Penell of Zap Fitness Foundation in Blowing Rock turned in a solid showing at the HCA Richmond 8-K race---one of deepest professional races in the United States---on Saturday. Porter Crouch, a second year

ZAP runner from University of Western Washington, finished fourth in the women's race in 26:12; Penell, first-year runner at ZAP from Western State College in Colorado, finished fifth in the men's race in 22:41. North Carolina State graduate Ryan Hill, and a Hickory native, won the race in 22:37. Hill was fifth at the Olympic Trials in the 5,000-meter run.

Cole Atkins, a third-year runner at ZAP from High Point University, was seventh in 22:51; Michael Crouch, a second-year ZAP athlete from Queens University in Charlotte was eighth in 22:53; and Cameron Bean, a third-year ZAP runner from Samford University, was tenth in 22:55.

"The HCA 8k is one of the most competitive 5 mile races in the country and has been a staple for us since 2003," said Head Coach Pete Rea. "Never have we had this kind of depth on the men's side. 4 men under 23:00, even on a course as fast as Richmond, is phenomenal. I am very pleased with the team. And Sarah's run was truly solid. She is looking good as we head toward winter and a competitive track & road season in the spring."

Photo Courtesy: Sarah Porter-Crouch, Zap Fitness