

Zap Fitness Has Productive Weekend

Written by Staff Reports
Monday, 20 May 2013 08:29

Zap Fitness Foundation in Blowing Rock, N.C., had four athletes competing in prestigious meets this weekend. On Friday night, two Reebok/Zap Fitness athletes competed in the USA Track and Field Grand

Prix Meet at Occidental College in Los Angeles, CA. In the women's 3,000-meter steeplechase, Zap rookie Mary Ballinger finished fourth in a time of 9:51.33, besting her previous best mark (9:51.42) by nine seconds. Ballinger now possesses the eighth fastest time by an American in 2013, and she has lowered her personal best by a whopping 31 seconds in the last 7 weeks. "Mary has taken to training here in Blowing Rock very well," said Zap head coach Pete Rea "She has a bright future as we head toward the 2016 Olympics."

In the men's 3,000 steeplechase, third year Zap athlete and Blowing Rock resident Cameron Bean completed the race in 8:35 to finish eighth. He just missed tying his personal best time (8:32) by three seconds. Bean, who attended Samford University, was a Southern conference Champion in the 3,000 steeplechase.

On Sunday, a pair of Reebok Zap resident athletes took the course in Cleveland, OH., in the Rite Aid 10k run. In the men's race, Cole Atkins finished third in a time of 29:52; in the women's race Sarah Crouch turned in another strong performance as she finished sixth in 34:23.

Photo Courtesy: Pete Rea, Zap Fitness Foundation