

Stick Boy Bread Company, Zap Fitness Offering Free Clinics

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For the 3rd 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). This year the clinics will also offer a training session for children who are planning on participating in the Blue Ridge Pediatric and Adolescent Medicine 1 Mile Kids Fun Run. The adult 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 21st – Setting Up a Proper Training Program

August 28th – Hill Running / How to Improve Running Form

Sept 4th – Interval & Speed Training

Sept. 11th – Nutrition for Runners

Sept 18th – Mayview Madness Race Strategy (Course Tour)

Sept 21st – Mayview Madness 5k (8:00 a.m.)

Join us once September 21st at 8am in beautiful Blowing Rock, NC for the 14th annual StickBoy Bread Co. Mayview Madness 5k. The race benefits the Blue Ridge Conservancy and will take place on Saturday September 21st starting adjacent to the American Legion Hall in downtown Blowing Rock. The race will finish in the Bistro Roca parking lot where there will post race snacks, raffle giveaways, music, and awards. We had a record turnout for last year's race and are looking forward to an even better event this year thanks to our group of sponsors, including Stick Boy, Bistro Roca, MPrints, Reebok, Bald Guy Brew Blowing Rock, Hemlock Inn, Blowing Rock Ale House and Inn, Blue Ridge Pediatric and Adolescent Medicine.