

## Zap Fitness Welcomes Talented Class

Written by Staff Reports

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Zap Fitness Foundation of Blowing Rock, N.C., has announced the addition of five outstanding distance runners into its program, including Chis Moen, who excelled at Appalachian State University.

Moen is a 2013 graduate of Appalachian State University, a few miles down the road in Boone, NC. During his sophomore campaign with the Mountaineers Moen ran a school record of 8:05.88 in the indoor 3000m as well as a personal best of 4:08.61 in the mile. Moen also holds the school record for the indoor 5000m run by virtue of his 14:21.79 performance in 2013. Moen was critical to the Mountaineers dominance of the Southern Conference during his 4 years in Boone as he was a 4-time Southern Conference Champion.

After graduating from the Oklahoma University this past spring George Alex is the latest addition to the 2013-14 ZAP Fitness-Reebok roster. Alex was a standout during his 2 years in Norman where he set 3 school records, won 3 Big 12 titles, and helped the Sooner to 2 top 6 finishes at the NCAA Cross Country Championships. A Phoenix, AZ native, Alex spent his first 2 years at Paradise Valley Community College before transferring to Oklahoma where he became one of the best athletes in the country.

His final year on the track for the Sooners was one to remember as he set school records indoors at 3000m and the mile running 7:52.92 and 3:58.76 respectfully. During the indoor season Alex took home the first of his 3 Big 12 individual titles, winning the 3000m run before going on to finish 12th at the NCAA Championships. During the 2012 outdoor season Alex continued his record setting ways running a school record 13:35.27 at the Stanford Invitational. He went on to become the first athlete in Oklahoma history to win both the 5000m and 10,000m at the Big 12 Championships. At the NCAA Championships Alex turned in a 9th place performance in the 5000m run before competing in the same event at the US Olympic Trials. Alex advanced out of his preliminary round and was 1 of only 3 collegiate athletes to compete in the final where he placed 15th.

After completing his eligibility Alex remained in Norman to finish his degree and in the spring of 2013 at the Payton Jordan Invitational he lowered his 5000m best to 13:29.55. George Alex is the final addition to a stellar ZAP Fitness-Reebok rookie class that will join Tyler Pennel, Cameron Bean and Cole Atkins in the push to the 2016 Olympic Trials.

Mary Ballinger began training with the team in January of 2013 and officially joined the ZAP Fitness-Reebok team this summer. Ballinger, a 2010 graduate of the University of Southern Indiana, spent 2 ½ years in the working world before returning to give running her full attention. The move and dedication paid off as Ballinger, a 2009 NCAA Division 2 Steeplechase Champion, improved her Steeplechase personal best by 33 seconds to 9:51.33 and qualified for her first US Championship. Ballinger also saw a dramatic improvement in her 1500m PR, shaving off 8 seconds at the Music City Distance Carnival where she ran 4:21.98.

Joe Stilin joins ZAP Fitness-Reebok after earning All-American honors from both Princeton where he completed his undergraduate degree and the University of Texas where he is

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currently finishing his Masters degree. Stilin left Princeton as the school record holder in both the 5000m with a mark of 13:38.36 and the 1500m having run 3:39.42. Stilin continued setting records in his one season with the Longhorns, breaking the indoor mile record held by 2012 Olympic silver medalist Leonel Manzano, with his 3:58.66 run. He also took down the school record in the indoor 3000m run where he ran 7:56.07. During the 2013 outdoor track season Stilin ran personal best times of 13:33.13 for 5000m and broke the ZAP Fitness-Reebok 3000m record in one of his first races in a ZAP uniform when he ran 7:49.64 in Belgium.

Kevin Schwab will reunite with his Oklahoma University teammate, George Alex, to continue the Norman magic here in Blowing Rock. Schwab was an All-American performer in both cross country and track for the Sooners. During the 2011 indoor season Schwab won the Big 12 title at 5000m before finishing 6th at the NCAA Indoor Championships while setting the Oklahoma school record of 13:36.14. Schwab followed up his tremendous 2011 with an impressive close to his career at Oklahoma by winning the 2013 Big 12 10,000m title.

ZAP Fitness-Reebok has offered private coaching for years and has had tremendous success with runners of all levels. ZAP Fitness Coaching has expanded its product offerings to include personalized training plans and on-site biomechanical analysis in addition to the popular one-on-one personal coaching that has guided dozens of runners to personal bests in events ranging from the mile to the marathon.

**Photo Courtesy: Zap Fitness coach Peter Rea, Zap Fitness Foundation**