

Swapalease.com Runner's World

April 1, 2007

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Up Coming Races

- April 15
Matt Havenkamp 5k
Start time 9 am
Spring Grove Cemetery
- May 5
Flying Pig Half Marathon
starts 6:30 am
Relay Team starts 6:30 am

Swapalease.com Takes Over the Mini Heart Marathon

The Swapalease.com running team was out in full force this weekend taking on the very challenging 5k course that is the Mini Heart Marathon. For any runner that has attempted the 5k course you know how deceiving Central Parkways' rolling hill can be.

"We are always looking for ways to give back to the community" Says Scot Hall Executive Vice President of Operations.

This was the first of many races that the Swapalease.com running team will be participating in this year. They are all off to a great start. Leading the group was Chrissy with a awesome time of 27:45. this puts her at a 8:57 mile. She was flying.

The rest of the team followed with very good time also.

Jenny	28:41
Mary	29:28
Colleen	29:37
Jody	30:08
Lori	34:47
Kelly	38:01

Don't be surprise when the next issue comes out and the minutes are dropping off of everyone's 5k time. Until next time

Happy Running

