



MEDIA ALERT

Conway Running Club
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LEAH THORVILSON, ARKANSAS'S TOP FEMALE RUNNER, TO SPEAK AT CONWAY RUNNING CLUB'S MARCH 16TH MEETING

Conway, AR, March 8, 2010 – The March Conway Running Club (CRC) Membership meeting will be held Tuesday, March 16 at 6 p.m. at the Conway Regional Health & Fitness Center, 700 Salem Rd., where guest speaker Leah Thorvilson, Arkansas's top female runner, will share her insight about setting goals and meeting them. Other business such as New Orleans Marathon results and the Chase Race and Paws will be discussed. The meeting is open to the community.

Thorvilson is the 9th fastest American female marathon runner this year and is the 2008 and 2009 Arkansas Female Runner of the Year. In this weekend's Little Rock Marathon, she once again was the top female racer, finishing in 2:48:28. In 2008 she blazed through the Soaring Wings Half Marathon, crossing the finish line in 1:16, running at a 5:52 pace for the entire course and finishing as the top overall winner.

Conway Running Club is a member of the Road Runners Club of America and is dedicated to promoting running, walking, and other fitness-related activities in the Conway, AR area. There are currently more than 125 members ranging in ages 24 to 72. Even though running is considered an individual sport, Club members believe that sticking with it and improving is something that requires other people in order to stay motivated and inspired. Become a member today to improve as a runner, make friends and connect with Conway's running community. To connect with other members, see photos and videos and stay in touch with important announcements, visit www.conwayrunning.com and join us on Facebook.

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