



## NEWS RELEASE

**Conway Running Club**  
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### For Immediate Release

**MORE THAN 30 CONWAY RUNNERS RACE TO THE FINISH AT  
THIS YEAR'S ROCK 'N' ROLL MARDI GRAS  
MARATHON AND 1/2 IN NEW ORLEANS**  
*Runner qualifies for Boston Marathon, personal records beat*

Conway, AR, March 4, 2010 – More than 30 runners from the Conway area headed to New Orleans last weekend to join thousands of runners from around the world for this year's Rock 'n' Roll Mardi Gras Marathon and 1/2. Results for members of Conway Running Club (CRC) who finished the race can be found at <http://conwayrunning.com/?p=620>.

Several runners achieved Personal Records and CRC runner Claudia Courtway qualified for the Boston Marathon with a time of 3:59:02, a long-time goal in her life's 'bucket list'. "I run for friendship, fun and my schedule is wide open at 5 a.m.!" she said. This is Courtway's 12<sup>th</sup> marathon. She trained with CRC veteran Don Potter. "I asked Don during an eight mile training run one time 'Do you want to get our 20 mile run in?' and he took a mile to think about it agreeing 'It's only 12 more miles!'" Several runners managed personal records.

CRC is a volunteer based organization that promotes running, healthy lifestyles and families and fitness. Membership helps to maintain and purchase equipment that is used in events and races in the community throughout the year and other CRC activities.

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Conway Running Club – ADD ONE

CRC currently has more than 125 members who can be found running the roads of Conway any day of the week, as early as 5 a.m. Mon.-Fri., after work, or on a park trail Sunday afternoon.

“We encourage runners at any level to join us any day of the week for a run and friendship. From the runner just starting out to stay in shape to the multiple marathon achiever, there is someone to run with when you join Conway Running Club,” said Stacy Ohlde, CRC President.

*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](http://www.conwayrunning.com) and join us on Facebook.*

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