

GVH News: February 12, 2012

- **GVH Veteran Men Win USA Cross Country Title in St. Louis, Mo.**
- **Rybinski eeks out Radford by .2 for National Championship title**
- **Darlene Saeva takes 2nd at USATF Masters Half Marathon Championships in Melbourne, Florida**
- **Jen Malik wraps up win of GRTC Freezeroo Series in wind and snow with one race to go**

GVH Veteran Men Win USA Cross Country Title in St. Louis, Mo.

The GVH Veteran Men's team had a mission to accomplish this past weekend. Running in memory and honor of their recently fallen team-mate, Brian Dodge, the GVH Men's Veteran Team ran with pride and determination to win the USATF USA 8K Cross Country Championships (50-59) in St. Louis, Missouri. Brian had planned to be a member of that team but unexpectedly died at age 58 just 14 days earlier. The team composed of Mark Rybinski, Gary Radford, Tim McMullen, Dave Bowen and Ron Blackmore had one goal in mind. Win and run for their friend and team-mate. All five runners ran exceedingly well, scored only 23 points and beat second place team, St Louis Track Club by 9 points. In addition the team scored 10 points towards the USATF National Masters Grand Prix Series where they are the defending 2011 National Champions. Congratulations Men! Mission Accomplished.

Rybinski eeks out Radford by .2 seconds for National Championship title

Mark Rybinski, age 56, ran down team-mate and training partner Gary Radford, age 55, with a lean at the finish line at the USA Cross Country Championships. Radford returning to great form after an injury last year led his GVH team-mates throughout the race and ran a spectacular time of 29:32.4 for the 8K in wind and 20 degree temperatures. However, Rybinski, the 2011 National 5K XC Champion (age 55-59) came on strong in the last few meters and ran 29:32.2, a mere .2 seconds ahead of Radford thus finishing 1-2 in their age group. Radford, a friend of Brian's for nearly 40 years ran hard from start to finish and was inspired by the memory of his friend and team-mate.

Darlene Saeva takes 2nd at USATF Masters Half Marathon Championships in Melbourne, Florida

GVH's Darlene Saeva, age 53, sets the bar high for her running goals. It doesn't stop there . . . she works hard to achieve them with very challenging workouts and then goes out to get the job done. On February 5, 2012 Darlene ran an aggressive race setting a personal best time of 1:36.4 for the 13.1 mile distance. This gave her a 2nd place finish to defending champion Sue O'Malley of Florida. In the process Darlene beat eight other contenders in her age group. This past April Darlene also set a personal record of 3:22.10 for the marathon at Boston. She is also the 2010 National Champion (ages 50-54) at 15 Kilometers. Darlene keeps showing us how to do it. Indeed she is amazing!

Jen Malik wraps up GRTC Freezeroo Series in wind and snow

According to the GRTC scorekeepers and latest newsletter no one can catch Jen Malik after her victory at the Hearnish 10k race #4 several weeks ago. To further underscore her consistent front running she won Freezeroo Race #5 -Valentine Run, in snow and wind on February 11, 2012. Aside from winning the Freezeroo Series Jen has been running up a storm the past few months including an Olympic Development Program Tier II qualify performance this past fall. You can expect a lot more from Jen in the coming year. Look out ladies, she's back. For more info on Jen and our other ODP women read her bio on the GVH website at: http://www.gvh.net/?page_id=763