

GVH Vets Tearing up the Roads in May

Charlie Andrews ran the Binghamton Bridge Run 1/2 marathon [May 6th] and ran a great time of 1:18:04. He placed 1st in the 50-54 age group by a wide margin and 13th place overall in a field of 1000+. Charlie time age graded out at a USATF 88.80% !!! Unbelievable run this early in the season!

Joe Mora, Mark Rybinski and Gary Radford ran The Broad Street Run down in Philly [May 6th]. The three were fit and ready to race and knew that they would push each other to some fast times. The 10 mile race is point to point and is known as the world record course. Joe Mora ran lights out finishing in 58:34, 127th out of 41,000 runners good for 5th in his 50 year old age group! Rybinski ran another one of his tough, tough races finishing in 58:18 ! Mark time was good for 2nd place in the 55 year old group. His age grade was a 91.02%, above the "World Class" standard!!! Radford had a great day too, running 58:10, edging out Mark for the age group win and also age grading above the "World Class" standard. The three of them train together and bring the best out in each other.

Next up for the Vets team [Rybinski, Mora, Andrews] is the USATF 8K road championships in Williamsburg this Saturday [May 19th] The Vets goal to win another USATF Grand Prix Series for 2012.