



# OUT FRONT...

A monthly update on how Ragged Mountain is helping our community to stay comfortably on the move

## RAGGED MOUNTAIN CUSTOMERS AND EMPLOYEES ON THE GO!

Congrats to **Alina Murphy**, one of Mark's godchildren, who graduated from JMU's School of Nursing this month!

A big tip of the cap to 30 year Ragged Mountain customer **Pat Smith**, who was recently bestowed the prestigious Gideon Award for her almost four decades of tireless work in heading up OAR and helping to support our neighbors as they reenter society after serving time.

Longtime Ragged Mountain friend **Holly Rich**, who was featured in a three part article in *The Daily Progress*, chronicling her 7,900 mile journey to becoming the first female from Virginia to complete the Triple Crown of Hiking (Appalachian, Pacific Crest and Continental Divide Trails).



Kristen Keller celebrates after notching an impressive 3:27 at the Sugar Loaf Marathon in Maine!



Vicki Tutora and Co. took a break from touring Italy to snap a photo of them sporting their nifty Ragged Mountain shirts.

**Gannon Willcutts**, one of our summer employees, was named Virginia 3A High School Male Athlete of the Year. Gannon will graduate from Western Albemarle in June and will head to Princeton to continue his running career.

**Lydia Eisenberg**, also one of our summer employees, recently rowed in Albemarle High's Women's State Championship winning Quad boat. Lydia is headed to Mary Washington in the fall.

Congrats to P.E. teacher **Eleni Heeschen's 4 x 400 relay squad** from Baker-Butler Elementary School, who won the prestigious Discovery Cup.

## INVESTING BACK: Bringing Things Full Circle for Our Neighbors in Need

Thanks to your, our wonderful customer's, support, our Ragged Mountain family was able to give back, financially, with donations in kind, with products and with recycled goods to dozens of local causes last month. Here are just a FEW examples from this **past month**:

- Thanks to over 1,000 of you not needing a bag with your purchase, we were able to donate a sizable check to our friends at Camp Holiday Trails.
- By donating us your most recent shoes, you also afforded us the opportunity to send over 750 pairs to our farming friends in Africa, who sell them at the street markets to help them sustain their farming way of life.
- And speaking of giving back, thanks to our customer's support we were able to donate over 50 pairs of like-new shoes to our homeless neighbors from the Haven.
- Another 25 big boxes of Diapers to our neighbors in need.



**COMING ON JUNE 11**  
**CAR WASH**  
**Mission Trip Fundraiser**  
 Have your car washed while you shop at Ragged!

## RAGGED MOUNTAIN RUNNERS OF THE MONTH

We are so proud of the many wonderful athletic accomplishments of our neighbors. Here are a few recent highlights:

**Joan Bienvenue**, who ran a big course p.r. of 3:28 at the Boston Marathon and then a 1:37 p.r. in the half a month later!

**Alex Lomong (FUMA)**, who rocketed to an amazing 1:48 (3rd fastest time in the country) in the 800 at the Dogwood Track Classic!

**Kathryn Mayo (AHS)**, who notched a 5:03 mile split in the DMR as well as school record 2:13.49 in the 800 at the Dogwood Track Classic.

Other amazing local Boston Marathoners: 75 year old **Henry Reeves**, who ran an impressive 4:42, **Summer Shepherd**, our fastest local female (3:22) and 49 year old **Jim Ryan**, who ran a fantastic 2:58!

**Ben Gersbach (AHS)**, who ran a huge p.r. 1:57 in the 800.

**Cleo Boyd**, who ran a historic "double" by becoming the first UVA runner in school history to win both the 5,000 and 10,000 meters at the ACC Outdoor Championships!

**Zoey Clay (WAHS)**, who ran an 11:01 (3200) at the Southern Track Classic and a 5:01 mile at the Dogwood Meet.

UVa's **Henry Wynne**, who added an ACC Outdoor 1500 title to his Indoor 1500 Blue Ribbon!

# RAGGED MOUNTAIN RUNNING SHOP NEWS

## FOND FAREWELL...

We were all saddened by the passing of longtime Ragged Mountain friend **John McCoid**. We will miss this wonderful man very much. Our hearts are with our dear friend Bev and her family.

## OFF the BEATEN PATH...

One of the best kept running route secrets are the miles and miles of gravel roads that meander through the beautiful 14,000 acres of the Green Springs Historic District. It's just a quick drive east on 64 to the Louisa border. Ask us for a detailed map to this amazing labyrinth of soft surface roads.



## DRINK UP!

Electrolytes without calories! Our customers love NUUN and have made it our number one electrolyte replacement drink and, with zero calories, it's the perfect drink to have while you sit at work. Our three top selling flavors of the year 2015 were as follows:

1. Lemon-Lime
2. Watermelon
3. Tropical

**FREE Nuun Tasting**

Want to try out all these different flavors? We are doing a **FREE Nuun tasting** with nutrition giveaways on **Saturday, June 11th** at Ragged Mountain all day.



## WEEKLY COMMUNITY RUNNING GROUP

Looking to improve your pace? Want to race faster? Looking to meet new folks to train with? If so, then our weekly **"Speedsters"** group is just for you! We meet every Wednesday morning at 5:30 at the UVA track. It's free and ALL paces are welcome! Oh, and don't let our name ("Speedsters") intimidate you...It's all relative, as all of our weekly participants end up getting "speedier"! We kickoff our summer session on **June 1st!**



## UPCOMING AREA EVENTS

The Charlottesville Track Club will be kicking off their two popular summer training programs.

First, on June 7, the **Fall Marathon and Half Marathon Training Program** for those first timers or veterans wishing to run a 13.1 or 26.2 mile race of their choice.

Then on June 18, the **Women's Four Miler Training Program**, for females of all abilities to go from scratch to four miles and a permanent lifestyle of fitness.

June 12 – **Bruce Barnes Memorial Mile**...an all downhill mile in beautiful Greenwood. Great for the kids too!

The CTC will be hosting their popular **All-Comers Summer Track Meets** for the 43<sup>rd</sup> summer, every **Thursday** in July at the UVA track, culminating with the Summer Championship on July 28. Entry fee is only \$2 per meet!

Complete at least 26.2 miles in select non-profit races and you'll receive a C-VILLE-athon technical running shirt. For a full list of events visit [cvilleathon.org](http://cvilleathon.org).



## WHAT'S NEW AT RAGGED

### Merrell "Day Hikers"!



### Roller Recovery R8:

Award winning deep tissue massage roller used by athletes everywhere.



### Lots of Birkenstocks and OluKai styles!

Moji Foot Massager  
Hüma Chia Energy Gel



## MONTHLY COUPON

Buy any 3 pairs of socks and get a 4th pair FREE!

(Expires June 15, 2016)

**HOURS:**  
Monday–Wednesday: 9:30am–6:00pm  
Thursday: 9:30am–7:00pm  
Friday: 9:30am–6:00pm  
Saturday: 9:00am–5:00pm  
Sunday: Closed for Family Day  
434.293.3367