



Alpha Omega Elite Track Team
The place where champions come to train.

Alpha Omega Cross Country Invitational



Press Release for 9/24 at Tropical Park

As we continue to build momentum; on **Saturday, September 24, 2011**, we had the opportunity to again witness South Florida's youth taking cross country to the next level. Our numbers increased by twenty percent (20%) and it was indeed a pleasure to see the children running in the proper footwear available at **Runner's High**. Bruce and Sherry Wilk, owners of Runner's High in Pine crest, South Dixie Highway and 112th Avenue are dedicated to providing quality and proper footwear for our growing South Florida running community. The service provided by the Wilk's is unique, because the store is stocked and ready with children sizes, and every customer is treated like a client. He or she is evaluated visually in the gait analysis beneficial for proper shoe placements, which also reduces and prevents injury and provide safety.

Open 5K/ Varsity 4k opens the day

The morning began with the open 5k, two large hills, where OsDaniel Hernandez, won at 17:53, opening his preseason. Our female open winner was Denise Spann. As the race got shorter they became more and more exciting. The Varsity 4k, highlighted performances were displaced by Alexander Elortegui, who posted 15:41. Females first and second was Sofia Fernandez (20:08) and Meylin Muniz (21:29).

Junior Varsity wakes up the coward

Elite track and field youth athlete Daishon Spann, from Plantation Heat Track Team placed top 3 in the 400m at the AAU Nationals, in New Orleans. Here she competed and dominated the tough Tropical Park course; even beating all the girls and boys in that division with a time of 11:01 for (1.58miles). Spann joins the series to prepare for her next track season so that she can be faster and stronger for January. All the athletes described the course as "hot, hard and hilly" as we interviewed them at the Awards Ceremony Celebration. Sebastian Arana and Sebastian Roa of the boys division battled just behind Spann at 11:04 and 11:06 and displayed good running skills.

Race walkers & Masters welcomed as Primary milers execute

We had one representation in the mile for Race walkers; Donna-Maria Johnson, who took on the course and finished at 13:49 strong. Trevor King and Wayne Robinson battled yet a second series in a row in the Mom and Dad's mile at 7:16, and 7:58 respectively. Finally Primary, Boys winner

Leopoldo Herrera, second, Diego Gomez and Diego Belfort, third also came to perform. The Primary Girls were presented by Amanda Elortegui, 7:35; from IRun and Dominique Spann, 7:38, from Plantation Heat showing very strong efforts and performance as the sun grew hotter.

Minis Dominate

The Minis race was very competitive; first, second and third Daniel Marsh 7years old, Austin Foster 6 years old, George Marquis, 6 years old, all paced under 7:30 average pace per mile, and these children are under 8 years old. We were all impressed with their performance. Female winner Brianna Wall in the Minis also ran under 7:30 average pace per mile. Finally the shortest race was the Pre-Minis; 150m to the finish, as the crowd went wild to see them giving their all. **For Compete Results visit: www.coachtofirstclass.org**



Message to the community

We continue to promote proper running equipment, hydration with our two **Powerade** stations, safety, and development of both physically and psychological benefits for our youth. Thanks to our sponsors, who understand the importance of all these elements! See you all at Vista View!!!