

# CREDIT UNION

## CHERRY BLOSSOM TEN MILE RUN

**A Goal: 1:34:38**  
(one second faster than my 2023 time)

**B Goal: 1:39:39**  
(one second faster than 2024 Civille Ten Miler)

**C Goal: 1:44:12**  
(one second faster than my 2022 time)

**Morning Run**  
February 3, 2024 at 7:38 AM - Albemarle County, Virginia

Training for Cherry Blossom Ten Mile Run, hoping to make ever long run slightly faster than the week before!

Distance: 10.00 mi | Pace: 11:48 /mi | Achievements: 20

Congrats! You just set your PR in the 10 mile!

Week 1 Long Run 10 MILES

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

4 gave kudos

**Morning Run**  
February 10, 2024 at 7:32 AM - Albemarle County, Virginia

My motivation... family!

Distance: 13.11 mi | Pace: 12:16 /mi | Time: 2h 40m | Achievements: 9

Congrats! You just set your PR in the Half-Marathon!

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

4 gave kudos

1 comment

**Morning Run**  
February 19, 2024 at 8:11 AM - Charlottesville, Virginia

Distance: 6.00 mi | Pace: 11:50 /mi | Time: 1h 11m | Achievements: 1

Distance: 6.05 mi | Pace: 12:54 /mi | Time: 1h 18m

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

6 gave kudos

**Morning Run**  
February 19, 2024 at 8:20 AM - Albemarle County, Virginia

Distance: 10.00 mi | Pace: 13:13 /mi | Time: 2h 12m

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

6 gave kudos

**Morning Run**  
February 24, 2024 at 7:04 AM - Albemarle County, Virginia

Distance: 13.10 mi | Pace: 13:01 /mi | Time: 2h 50m | Achievements: 1

Congrats! You just set your 2nd fastest time in the 20K!

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

4 gave kudos

**Lunch Run**  
February 25, 2024 at 9:34 AM - Albemarle County, Virginia

Distance: 10.00 mi | Pace: 12:44 /mi | Time: 2h 7m

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

4 gave kudos

**Morning Run**  
March 1, 2024 at 6:35 AM - Albemarle County, Virginia

Distance: 10.00 mi | Pace: 11:52 /mi | Time: 1h 58m | Achievements: 6

Congrats! You just set your 3rd fastest time in the 10 mile!

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

7 gave kudos

**Morning Run**  
March 3, 2024 at 7:06 AM - Albemarle County, Virginia

Distance: 13.11 mi | Pace: 12:42 /mi | Time: 2h 46m | Achievements: 2

Congrats! You just set your 2nd fastest time in the Half-Marathon!

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

5 gave kudos

**8K**  
March 3, 2024 at 7:06 AM - Albemarle County, Virginia

Distance: 5.02 mi | Pace: 9:36 /mi | Time: 48m 12s | Achievements: 6

Congrats! You just set your PR in the 5K!

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

4 gave kudos

**Morning Run**  
March 16, 2024 at 7:09 AM - Albemarle County, Virginia

Distance: 10.00 mi | Pace: 12:12 /mi | Time: 2h 2m | Achievements: 1

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

3 gave kudos

**Morning Run**  
March 12, 2024 at 7:28 AM - Albemarle County, Virginia

Distance: 10.00 mi | Pace: 11:51 /mi | Time: 1h 58m | Achievements: 2

Congrats! You just set your PR in the 10K!

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

3 gave kudos

**Morning Run**  
March 23, 2024 at 7:16 AM - Albemarle County, Virginia

Distance: 11.99 mi | Pace: 10:16 /mi | Time: 2h 3m | Achievements: 16

Congrats! You just set your PR in the 10 mile!

Charlottesville Ten Miler

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

4 gave kudos

**Morning Run**  
March 30, 2024 at 6:29 AM - Albemarle County, Virginia

Distance: 9.00 mi | Pace: 12:38 /mi | Time: 1h 53m

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

4 gave kudos

### Cherry Blossom TEN MILE RUN & FIVE-KILOMETER RUN WALK

#### RUNNER DETAILS AND STATISTICS FOR LEAH A CONNOR

Congrats! You have run 123 miles in Credit Union Cherry Blossom Run! You have run 13 miles including your Virtual Events. See your stats below.

100 MILES CLUB RUNNER!

SEE ALL RUNS

| Date           | PO / TO    | PO / TO      | Age | Time     | Pace  | Division |
|----------------|------------|--------------|-----|----------|-------|----------|
| 2023 04 23 (M) | 67 / 3906  | 3450 / 3396  | 31  | 03:31:01 | 10:02 | W5004    |
| 2023 10 01 (S) | 134 / 1564 | 3334 / 1954  | 31  | 01:34:39 | 09:28 | W5004    |
| 2023 10 01 (S) | 228 / 513  | 4914 / 8227  | 31  | 01:48:13 | 10:25 | W5004    |
| 2023 10 01 (S) | 53 / 224   | 1133 / 2948  | 31  | 01:34:30 | 09:29 | W5004    |
| 2019 10 01 (S) | 66 / 867   | 1411 / 10223 | 47  | 1:24:25  | 08:29 | W4549    |
| 2018 10 01 (S) | 63 / 841   | 1184 / 10110 | 46  | 1:24:05  | 08:25 | W4549    |
| 2017 10 01 (S) | 46 / 889   | 832 / 10012  | 45  | 1:20:13  | 08:01 | W4549    |
| 2016 10 01 (S) | 47 / 1030  | 566 / 1952   | 44  | 1:19:22  | 07:56 | W4004    |
| 2015 10 01 (S) | 20 / 769   | 230 / 1029   | 43  | 1:12:26  | 07:16 | W4004    |
| 2011 10 01 (S) | 42 / 1262  | 379 / 1009   | 39  | 1:16:26  | 07:40 | W5009    |
| 2010 10 01 (S) | 85 / 1175  | 759 / 820    | 38  | 1:21:15  | 08:07 | W5009    |
| 2008 10 01 (S) | 111 / 1126 | 891 / 8302   | 37  | 1:21:07  | 08:07 | W5009    |
| 2006 10 01 (S) | 64 / 885   | 388 / 1271   | 36  | 1:19:03  | 07:54 | W5009    |

February 3, 2024  
**10 MILES**  
151 Pokémon Caught  
89 Pokémon Stops Visited  
54,985 XP

1 - February 3, 2024 - WEEK 1

February 10, 2024  
**13.1 MILES**  
208 Pokémon Caught  
126 Pokémon Stops Visited  
154,469 XP

2 - February 10, 2024 - WEEK 2

February 16, 2024  
**12 MILES**  
231 Pokémon Caught  
84 Pokémon Stops Visited  
235,578 XP

3 - February 16, 2024 - WEEK 3

February 24, 2024  
**13.1 MILES**  
154 Pokémon Caught  
75 Pokémon Stops Visited  
360,262 XP

4 - February 24, 2024 - WEEK 4

February 25, 2024  
**10 MILES**  
222 Pokémon Caught  
61 Pokémon Stops Visited  
389,078 XP

5 - February 25, 2024 - WEEK 4

March 1, 2024  
**10 MILES**  
143 Pokémon Caught  
82 Pokémon Stops Visited  
136,058 XP

6 - MARCH 1, 2024 - WEEK 5

March 3, 2024  
**13.1 MILES**  
353 Pokémon Caught  
112 Pokémon Stops Visited  
302,965 XP

7 - MARCH 3, 2024 - WEEK 5

March 9, 2024  
**8K RACE**  
Chip Time 47:39.97  
Pace 9:35  
Overall 126 of 241

8 - MARCH 9, 2024 - WEEK 6

March 16, 2024  
**10 MILES**  
187 Pokémon Caught  
78 Pokémon Stops Visited  
109,231 XP

9 - MARCH 16, 2024 - WEEK 7

March 17, 2024  
**10 MILES**  
222 Pokémon Caught  
72 Pokémon Stops Visited  
174,661 XP

10 - MARCH 17, 2024 - WEEK 7

March 23, 2024  
**10 MILE RACE**  
Chip Time 1:35:40  
Pace 9:58  
Overall 933 of 1471

11 - MARCH 23, 2024 - WEEK 8

March 30, 2024  
**9 MILES**  
228 Pokémon Caught  
82 Pokémon Stops Visited  
223,945 XP

12 - MARCH 30, 2024 - WEEK 9