



ORC Erg Excellence

ORLANDO, FL (January 31, 2010) - After a long season of winter training, ORC members pulled some very inspirational ergs during the 2010 Southern Sprints.

Congratulations to Dave Lukasik, Lesley Silvia and Rob Hoppenfeld for their performances!

Dave pulled his 2K personal record of 6:43.9, which was the lowest raw time for the Veterans 50+ heavyweights earning him a bronze. Lesley won a gold for ORC in her division, pulling her 'ORC PR' of 8:14.8. While Dave and Lesley raced in the sprints, Rob pulled 100,000 meters over the course of six hours, fifty six minutes and seven seconds (6:56:07), a 2:04.8 split.

