

[Candlelight vigil to be held for Ryan Shay.](#)

Please excuse the additional email blast this week.



Ryan Shay, one of the top distance runners in the country lost his life Saturday morning while competing at the Olympic Trials in the New York City Marathon. Running Fit would like to send their thoughts and prayers to Shay's friends and family.

Shay was a graduate of the Central Lake High School in Traverse City where they will be holding candlelight vigils all of this week on the track. The Central Lake athletic director, Quinn Barry, is asking that all local runners attend Thursday night's vigil to run, walk and talk.

If you'd like to take part in this candlelight vigil, or if you would like information on Ryan's funeral, visit http://www.record-eagle.com/sports/local_story_310094720.html or

www.letsrun.com for more information.

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