



3rd Annual Crystal City Twilighter July 24, 2010

Despite the extremely hot weather, over 1,900 people ran in the 3rd Annual Crystal City Twilighter. As one of the area's premier nighttime races, the Twilighter featured a flat, fast course, great runner perks, and a fantastic after party. Julius Kogo won the men's race, and ran the second fastest 5K race in Virginia history, with a time of 14:03. Elena Orlova won the women's race with a time of 17:20.

After the race, participants took advantage of complimentary showers at the Sport & Health Club before lounging in the courtyard at the after party. Olympian Brian Sell delighted the crowd by greeting people and signing autographs. Most of the runners stayed to cheer for the winners in each age group, and enjoy the great music and free beer.

The Twilighter capped off Crystal City's Fitness Week. The week featured outdoor Yoga and Zumba, a Farmers' Market, a free guided bike ride, and a fitness fair and blood drive. It was a great week, and showed that Crystal City is the place to get active and fit.

