

SENATE JOINT RESOLUTION NO. 443

Commending Tara Dower.

Agreed to by the Senate, February 19, 2025
Agreed to by the House of Delegates, February 20, 2025

WHEREAS, Tara Dower, an accomplished endurance runner and resident of Virginia Beach, completed the entire Appalachian Trail in the fastest known time on September 21, 2024; and

WHEREAS, Tara Dower completed the nearly 2,200 mile-long Appalachian Trail, which runs between Mount Katahdin in Northern Maine and Springer Mountain in Southern Georgia, in 40 days, 18 hours, and six minutes, outpacing the previously fastest known time by 13 hours; and

WHEREAS, to achieve this remarkable feat, Tara Dower both walked and ran for more than 17 hours daily, covering an average of 54 miles, or more than two marathons, per day; and

WHEREAS, in addition to navigating terrain that was often difficult and steep, Tara Dower also conquered a total vertical gain of 465,000 feet over her quest; and

WHEREAS, Tara Dower embarked upon this remarkable feat of strength to raise money for Girls on the Run, a charity organization dedicated to fostering young girls' physical and mental well-being; and

WHEREAS, Tara Dower was supported throughout her journey by her mom and several other crew members, who carried and prepared her tent and food and who often ran alongside her to help her maintain her pace and focus; and

WHEREAS, prior to setting the fastest known time for the Appalachian Trail, Tara Dower set the fastest known times for the 1,175-mile Mountains to Sea Trail in North Carolina and the nearly 300-mile Benton MacKaye Trail in Great Smoky Mountains National Park, as well as the course record at the Hellbender 100; and

WHEREAS, as a full-time professional athlete, Tara Dower competes in several major ultramarathons every year, in addition to pursuing fastest known times at different trails across the country; and

WHEREAS, by demonstrating what may be accomplished through hard work and unwavering determination, Tara Dower has brought great pride to the Commonwealth and earned the esteem and admiration of all Virginians; now, therefore, be it

RESOLVED by the Senate, the House of Delegates concurring, That the General Assembly hereby commend Tara Dower for completing the Appalachian Trail in the fastest known time; and, be it

RESOLVED FURTHER, That the Clerk of the Senate prepare a copy of this resolution for presentation to Tara Dower as an expression of the General Assembly's profound respect for her achievement and best wishes for her future endeavors.

ENROLLED

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