

Local Spotlight - Brandon Ostby



Growing up in Claire City, SD Brandon was an Offensive and Defensive Lineman in Football for his High School and threw both the Shot Put and Discus in Track & Field. He has completed 16 Marathons in only 7 years of Running with a Personal Record of 3:36 and eyes to better that in 2019. He has lived in the Fargo area for 13 years with his wife Stacey and son Deegan. Find out why Brandon decided to start running, what keeps him motivated and what his favorite race is below (hint: the start line is where you can find him on most Saturdays in the Fall.)

Age: 39

Number of Marathons Ran: 16

Marathon PR: 3:36

Number of Half-Marathons Ran: 8

Half-Marathon PR: 1:39

Age that you started running: 32

Why did you start running: Spent a week with my father at the Mayo clinic because of his failing liver and Dr. looked right at me and said I was headed down the same path if I didn't lose some weight, talk about a motivating speech!!! Been running ever since.

What helps you stay motivated? My family first and foremost and secondly, the group of guys that I train with (#COFFEEBROS), we keep each other accountable even if it means having to deal with an insult or 10!!

Favorite Running Route: Thursday AM Run club from Fargo Running Company of course!!!

Least Favorite Running workout: I always think of the track workout as my least favorite before I do it, but afterwards it always feels so rewarding!

Favorite Race: FARGO! Not necessarily the course itself but being able to sleep in your own bed the night before and being able to control some of the variables that are out of your control at an out of town race. I have discovered that those factors can be huge in the Marathon.

Favorite Race Distance: Marathon

What shoe did you run your last race in? Hoka Clifton 5

Essential Running apparel: Compression gear for me, I will not have chafing!!

Favorite Pre-race Breakfast: Banana and Oatmeal.

Favorite Post race Meal: Bring on the MEAT sweats and BEER!!

Favorite Professional Athlete: Emmitt Smith (Dallas Cowboys), Greatest running back of all time!

Running Lesson: Enjoy the journey to race day, I think it's all about the training cycle with friends and when race day gets here that is just a BONUS!! There is no such thing as a BAD run.

Running Goal for 2019: Of course, looking for a marathon PR, but the ultimate goal is to keep running injury free.