

# Local Spotlight - Chad Hegg



- Getting ready to run his 6th Marathon in Alaska this June!
- Just ran a PR of 3:33:43 at the 2019 Fargo Marathon.
- Favorite Post Race Meal: Tacos/Burritos and Beer.

Growing up in Fertile, MN Chad competed in four sports for the Falcons (Football, Wrestling, Basketball & Baseball). Chad and his family have lived in Moorhead for the past 12 years and he decided to start running 7 years ago after he got asked to do a Tough Mudder. Since then Chad has completed 5 Marathons, including a Personal Record at Fargo this past month, and is getting ready to run his 6th in Alaska this June! Find out what his favorite race is, how he is ready to achieve his running goal in 2019 for a second time and much more below!

**Age:** 44

**Hometown:** Fertile, MN

**Number of Marathons Ran:** 5

**Marathon PR:** 3:33:43

**Number of Half-Marathons Ran:** 10

**Half-Marathon PR:** 1:39:44

**Family:** Wife-Angie, Daughters-Makayla and Kira.

**Age that you started running:** 37

**Why did you start running:** I got asked to do a Tough Mudder and the course was 11 miles long so I printed a half-marathon training plan and started running.

**What helps you stay motivated:** The people I run with, nothing beats having a good group to train with.

**Favorite Running workout or route:** Any run during a sunrise!

**Least Favorite Running workout or route:** Trying to get a run in after work and especially if it's a long one.

**Favorite Race:** Two, the Fargo Marathon or the Twin Cities 10 Mile.

**Favorite Race Distance:** Half Marathon.

**What shoe did I last race in:** Asics GT-2000.

**Essential Running Apparel:** Having multiple pairs of shoes to train in and living where we do, good cold weather gear.

**Favorite Pre-race Breakfast:** Toast with Peanut Butter, a banana and UCAN Super Starch drink.

**Favorite Post race Meal:** Tacos/Burritos and Beer!

**Favorite Professional Athlete:** Kent Hrbek, that guy could play defense.

**Running Lesson:** Try to find a good group of people to train with and most importantly have a very understanding wife.

**Running Goal for 2019:** It was to run a sub 4 hour marathon but after Fargo I hope to do it for a second time in just a few weeks.