

Local Spotlight - Craig Hashbarger



While growing up in Grand Forks, ND Craig played some Baseball and Wrestled in Middle & High School. Along with his wife Sherri, son Owen and his favorite running buddy, his daughter Eve, they have lived in Fargo for the past 15 years. After running a few 5k's Craig decided he wanted to run a Half Marathon to see if he could actually run 13.1 Miles in 2012. In those 7 years since then he has run 10 Half Marathons, 4 Full Marathons and is getting ready for his 5th this Fall at the Marine Corps Marathon in Washington DC. See what his goals for the rest of 2019 are, his favorite race and so much more below!

Age: 40

Hometown: Hope, ND

Number of Marathons Ran: 4

Marathon PR: 4:03:00 (Fargo 2019)

Number of Half-Marathons Ran: 10

Half-Marathon PR: 1:44:14 (Fargo 2017)

Family: Wife Sherri, Daughter Eve (11) Son Owen (7).

Age that you started running: 33.

Why did you start running: To get into shape, and after running some 5k's I wanted to see whether I could really run 13.1 miles!

What helps you stay motivated: Quality time training with my daughter, having a race to train for, and just plain enjoyment of running.

Favorite Running workout or route: Long runs along the Red River; any route when my daughter comes along.

Least Favorite Running workout or route: Speed work (it's a love-hate thing!)

Favorite Race: Grandma's Marathon.

Favorite Race Distance: Half Marathon.

What shoe did I last race in: Saucony Ride.

Essential Running Apparel: Baseball Cap.

Favorite Pre-race Breakfast: A big bowl of whole-grain cereal.

Favorite Post race Meal: Pizza and chicken wings.

Favorite Professional Athlete: Dick Beardsley.

Running Lesson: Be sure to include strength training in your race training program.

Running Goal for 2019: 1) Finish sub-4:00 at the Marine Corps Marathon in October, 2) complete my first Trail Race (Maah Daah Hey 13.1 mi trail run in July).