

# Local Spotlight-Danny Priebe



- 6 Half Marathons and 4 Full Marathons in 2 years of running.
- Marathon PR - 3:30
- Favorite Pre-Race Breakfast: Generation UCAN and Granola Bars.

Growing up in Steele, ND Danny was not active in any sports but two years ago got the running bug. He decided to start running and signed up for the Bismarck Marathon. His longest training run before that race was only 9 Miles and not only did he finish he ran it in 3:48! Danny lives in Fargo and is a Welder at EZ-Spot-Ur.

In his two years of running Danny has already completed 4 Marathons and 6 Half Marathons. He also has competed in numerous other races and can be seen at many of them wearing Orange. Learn what is his favorite running workout, what his goal for 2019 is and much more about Danny below.

**Age:** 36

**Number of Marathons Ran:** 4

**Marathon PR:** 3:30:19

**Number of Half-Marathons Ran:** 6

**Half-Marathon PR:** 1:34:30

**Age that you started running:** 34

**Why did you start running:** To get out and meet people.

**What helps you stay motivated?** Working out with friends at Orange Theory Fitness and FRC Group Runs.

**Favorite running workout:** Mile repeats, except at the Indoor Track.

**Favorite Race:** Bismarck Marathon.

**Favorite Race Distance:** 10 Mile.

**Favorite Running Route:** 6 Mile route that includes going up and over the 12th Ave Bridge, gotta get my hills in.

**What shoe did you race your last marathon in?** Altra Escalante.

**Essential Running apparel:** Anything Orange and my Garmin Forerunner 645.

**Favorite Pre-race Breakfast:** Generation UCAN and Granola Bars.

**Favorite Post race Meal:** Popcorn at the Movies.

**Running Goal for 2019:** Excited to run my first Grandma's Marathon but more importantly continue to keep having fun!