

# Local Spotlight - Heather Sailer



After growing up in Jamestown, ND Heather has lived in Fargo for 17 years with her family. She started running 12 years ago after having two kids and wanted to get back in shape by training to run a Marathon. Well she has accomplished that as she has completed 33 Marathons and 10 Ultra Marathons! Find out what her favorite race is and why she gets to dress up for it, what her running mantra is and what she has planned for the rest of 2019 below.

**Age:** 43

**Hometown:** Jamestown, ND

**Number of Ultra Marathons Ran:** 10 including two 50 Milers.

**Number of Marathons Ran:** 33

**Marathon PR:** 3:45:28

**Number of Half-Marathons Ran:** 32

**Half-Marathon PR:** 1:48:10

**Years lived in Fargo:** 17

**Family:** Husband, Doug, and daughters Mallory, Courtney and Violet.

**Did you compete in any sports in High School/College:** No.

**Age that you started running:** 31.

**Why did you start running:** After having 2 kids, I wanted to get back into shape...and I had always wanted to run a marathon!

**What helps you stay motivated?** Planning races with friends.

**Favorite Running workout or route:** I love running the hills by Rollag.

**Least Favorite Running workout or route:** I hate running outside in winter when its cold, dark & icy!

**Favorite Race:** Surf the Murph – trail run with a costume contest!

**Favorite Race Distance:** Marathon.

**What shoes did you run your last race in?** Nike Vomero.

**Essential Running apparel:** Good socks and a visor.

**Favorite Pre-race Breakfast:** Toast with peanut butter and a banana.

**Favorite Post race Meal:** Pringles and orange soda.

**Favorite Professional Athlete:** Deena Kastor.

**Running Lesson:** My running mantra came from a Nike ad, "It's only crazy until you do it! Just do it!!"

**Running Goal for the rest of 2019:** I'm pacing a few more races this year, but I have a couple of new things planned for next year!