

Local Spotlight - Justin Waraniak



Growing up in Flint, Michigan Justin competed in both Cross Country and Track & Field in High School and for the University of Michigan Running Club. Justin moved to Fargo 2 years ago to pursue his Doctorate Degree at NDSU. He started running because his baseball coach used to say, "if you aren't good at baseball you'll be a track star," his coach was right. Since then Justin has run 5 Marathons (2:36 PR) and numerous Half Marathons (1:12 PR). See what his favorite workout is, why that same workout is his least favorite and why his running lesson is valuable for all of us!

Age: 27

Hometown: Flint, MI

Number of Marathons Ran: 5

Marathon PR: 2:36:49

Number of Half-Marathons Ran: Quite a few

Half-Marathon PR: 1:12:47

Years lived in Fargo: 2

Family: Parents (now in Nashville), and a sister (now in Texas)

Did you compete in any sports in High School/College: Yes, cross country and track in high school and running club in college.

Age that you started running: 13.

Why did you start running: My baseball coach used to say that if you were no good at baseball, you'll be a great track star. He was correct. Plus all of my other friends who weren't very good at baseball either started running.

What helps you stay motivated? I honestly would go a little nuts if I didn't run. I need some sort of physical outlet otherwise I start feeling tired, bored, and lazy for no good reason.

Favorite Running workout or route: The Michigan: 1 mile, 1200m, 800m, 400m, with a little over a mile @ steady state pace in between each rep.

Least Favorite Running workout or route: The Michigan, usually about halfway through the 800.

Favorite Race: Either Flint's Crim 10-mile or the Great Lakes Relay.

Favorite Race Distance: 5k.

What shoes did you run your last race in? Saucony Kinvara 9.

Essential Running apparel: Short shorts (2 inch inseam max)!

Favorite Pre-race Breakfast: Shalane Flanagan's superhero muffins.

Favorite Post race Meal: Really just anything with a lot of carbs (and beer).

Favorite Professional Athlete: Nick Willis and Des Linden.

Running Lesson: Learn how to listen to what your body is telling you, it's never wrong!

Running Goal for the rest of 2019: Focus on some shorter, faster races and put some base mileage to set up marathon training in the spring.