

Local Spotlight - Kaley Steidl



Kaley hopes to achieve her Marathon Maniac status this year and it's all thanks to a neighbor inviting her to start running 11 years ago. She has lived in Fargo for 19 years with her husband Jamie and four children Hana, Liam, Leighton and Andrew. Kaley wasn't active in any sports while growing up in Grafton, ND but since she started running she has completed 20 Marathons and 23 Half Marathons. Find out what her Favorite Race is, what helps keep her motivated, why her running lesson is something we can all benefit from plus much more below!

Age: 41

Hometown: Grafton, ND

Number of Marathons Ran: 20

Marathon PR: 3:38

Number of Half-Marathons Ran: 23

Half-Marathon PR: 1:39

Family: Husband Jamie, children Hana, Liam, Leighton and Andrew.

Age that you started running: 30.

Why did you start running: My neighbor Jenny Aune invited me to try running and I loved it!

What helps you stay motivated: Definitely running with friends.

Favorite Running workout or route: Going on runs around Detroit Lake.

Least Favorite Running workout or route: Any time where you encounter ice, wind or muddy conditions.

Favorite Race: Fargo Marathon.

Favorite Race Distance: Marathon.

What shoe did I last race in: Hoka Clifton.

Essential Running Apparel: Fargo Running Company shirts!!!

Favorite Pre-race Breakfast: Clif bar and sugar-free Red Bull.

Favorite Post race Meal: Pizza.

Favorite Professional Athlete: I prefer our local athletes, they are all amazing!

Running Lesson: Don't worry about pace, just keep running.

Running Goal for the rest of 2019: I want to run 3 more marathons this fall to qualify for Marathon Maniacs.