

Local Spotlight-Kim Christianson



Kim grew up in Bottineau, ND but has lived in Fargo for 34 years. She decided to start running 17 years ago when a friend invited her to run a 10K. Since then Kim has run an astonishing 52 Marathons and plans on running her 55th this year in Norway! She has a great support system that includes her husband Roger, two sons, one daughter, all of their significant others and a Grandson. Check out what some of her favorite Marathons are, what might be the best Post race meal ever and why she suggests that you should “Laugh at Mother Nature” below!

Age: 55

Number of Marathons Ran: 52

Marathon PR: 3:46

Age that you started running: 38

Why did you start running: A friend invited me to run a 10K.

What helps you stay motivated? Signing up for a Marathon!

Favorite running route: Anywhere running as long as it's with friends.

Favorite Race: Can't pick just one Marathon so here are a few favorites; Boston, Barcelona, Humboldt RedWoods, Big Sur, Lake Tahoe and Maui.

Favorite Race Distance: Marathon, because it is a commitment and a sense of accomplishment when you cross the finish line.

What shoe did you race your last marathon in? Hoka Bondi.

Essential Running Apparel: Hoka shoes and CWX running tights for racing.

Favorite Pre-race Breakfast: COFFEE! Oatmeal and bread with Peanut Butter.

Favorite Post race Meal: Fresh Maine Lobster.

Favorite Professional Athlete: Deena Kastor (2004 Olympic Bronze Medalist Marathon, American Record Holder - Marathon, 2005 Chicago Marathon Champion, 2006 London Marathon Champion).

Running Lesson: Enjoy the journey and never let a time clock define you or strip the joy of running from you. Also never let the weather mess with your head. Boston 2018 was "less than stellar" and Virginia Beach Marathon in 2017 wasn't much better. Laugh at Mother Nature, you are STRONGER and have trained well. Slap on a smile and thank every volunteer who is out there for YOU!

Running Goal for 2019: Running my 55th Marathon in Norway!