

Local Spotlight - Larry Geffre



Growing up and living in West Fargo his entire life Larry started running 7 years ago. He was an avid smoker for 25 years but after losing his Dad to cancer he decided to quit smoking and get in shape to be there for his kids. In that time he has completed 8 Marathons, setting his PR in Fargo this past Spring, and 16 Half Marathons. You can find him running most morning at 5:30am from random Coffee Shops around Fargo with the Coffee Bros and if you want to be entertained join them for a run! Find out what his Running Lesson about BodyGlide is and his running Goal for 2020 (hint: it has to do with a Marathon in April 2021 on the East Coast) by reading below!

Age: 48

Hometown: West Fargo, ND

Number of Marathons Ran: 8

Marathon PR: 3:30:39

Number of Half-Marathons Ran: 16

Half-Marathon PR: 1:35:43

Family: Wife (Denise), 3 kids (Noah, Anna and David).

Did you compete in any sports in High School/College: Not really, I was a fine arts kid!

Age that you started running: 41

Why did you start running: I smoked a pack and a half of cigarettes a day for over 25 years. I lost my father to cancer when he was 56 so I quit and wanted to get in better shape and be there for my kids.

What helps you stay motivated? Morning runs and hijinks with the CoffeeBros, and now I get to race with my kids (when they let me).

Favorite Running Workout: Favorite workout? Isn't that an oxymoron? Seriously, I really like the weekend long runs with friends, doesn't matter the route.

Least Favorite Running workout: Anything that involves a track, ugh!

Favorite Race: Either the Red, White & Boom! Half Marathon in the Twin Cities on July 4th, or the Fargo Mini (love fall running!).

Favorite Race Distance: Half-marathon. Can race and then function for the rest of the weekend!

What shoes did you run your last race in? Brooks Levitate 2.

Essential Running apparel: Good Cushioned socks.

Favorite Pre-race Breakfast: Belvita, banana and a UCAN bar or 2.

Favorite Post race Meal: Pizza and Beer!

Running Lesson: When racing, nutrition early and often (Thanks Vicki and Ray) and when in doubt, apply BodyGlide! If you like it, lube it.

Running Goal for 2020: Two letters, BQ!