

Local Spotlight - Leslie Brunette



For someone who self described “hated” running, 12 Marathons, A LOT of Half Marathons and one 50 Miler later I’m not sure that’s how Leslie would describe her feelings about it now. Being a very active participant in team sports while in High School and College Leslie started running 15 years ago. She started to help raise awareness about Child Abuse Prevention in North Dakota running on a relay team at the Fargo Marathon which is also her favorite race. Find out why Fargo is her favorite, what her 2020 running plans are and why a run can get her out of a “spicy” mood by reading below!

Age: 44

Hometown: Arthur, ND

Number of Ultra Marathons Ran: Ran one awesome 50 Miler!

Number of Marathons Ran: 12

Marathon PR: 3:10:23

Number of Half-Marathons Ran: A LOT!!!

Half-Marathon PR: 1:28:15

Family: Jayson, my BFF (boyfriend forever, ha! We just celebrated our 20 year wedding Anniversary - he truly is my BFF. 3 AmaZing Z's...Zayne(18), Zaylea(15), Zandyr (10).

Did you compete in any sports in High School/College: Volleyball and Basketball for the Fargo North Spartans then Rugby and Soccer in College.

Age that you started running: 29.

Why did you start running: To raise awareness about Child Abuse Prevention in our state. My 1st race was Fargo Marathon 2005. I ran as part of a relay team; we called ourselves the Authentic Voices.

What helps you stay motivated? I love how I feel and how I show up for the day, post any run. I can start a run feeling negative or 'spicy' and within a mile or so my heart and mind are transformed! I am reminded with each step, it is truly a GIFT!

Favorite Running workout: Speed Work! Ladder workout on the track!

Least Favorite Running workout: SPEED WORK!!! Mile repeats - love/hate relationship.

Favorite Race: Fargo Marathon - Love our community!! I LOVE running a race where you are so busy saying hi & cheering on your friends & family and then suddenly the race is over!!

Favorite Race Distance: Ultra Relays!!! The more miles I get to run the greater my JOY!!

What shoes did you run your last race in? Skechers GoRunRide7 (glow in the dark ones!!!)

Essential Running apparel: I am picky about my socks!! I have a select few 'go to' brands, height, thickness, sometimes even the color for each season. When I need a boost I choose my brightest or most colorful socks - it's the little things .

Favorite Pre-race Breakfast: Banana, oatmeal, chia seeds, coffee, almond milk and natural peanut butter.

Favorite Post race Meal: Pizza & an ice cold beer (only after a marathon or ultra relay). **Shorter distances apparently don't make me hungry enough 🤔♀...

Favorite Professional Athlete: I am most inspired by any athlete, professional or weekend warrior, that elevates others and seeks to inspire change and positivity in this world! E.g.: Billy Mills- Running Strong- he is using his legacy to inspire the youth from his childhood home community of Pine Ridge, SD to dream BIG and create change that will empower their community to thrive!.

Running Lesson: TRUTH: YES, YOU CAN!!!! MINDSET will clear the path to more than you could ever imagine possible!!

Running Goal for 2020:

1. Run more miles w/OWEN!
2. Reunite w/my Ultra Relay teammates and RUN! Ha!
3. NYC or Marine Corps are on my 'list'!

No matter what races I get to run in 2020, as long as I am out there enjoying every step, encouraging others, cheering them on - that, to me, is success!