

Local Spotlight-Lou Bailly



Lou grew up in Warwick, ND where she competed in Basketball throughout High School. In 7th Grade the school tried to start a Track team but not enough people decided to go out for the team so it was canceled after 3 weeks of practice. Lou moved to Fargo in 1983 for college and has stayed in the area since. She works for Microsoft, lives with her husband Merle and has two children.

Lou started running 10 years ago and has completed 16 Half Marathons in that short time. She also has run one Full Marathon in Fargo in 2016 but has plans of doing more. Learn what her favorite running route is, what's her go to post race meal and much more about Lou below.

Age: 52

Number of Marathons Ran: 1

Marathon PR: 5:17:40

Number of Half-Marathons Ran: 16

Half-Marathon PR: 2:13:42

Age that you started running: 42

Why did you start running: My daughter was about 13 at the time and wanted to run the Fargo 5K so I said sure and found a 5k training plan online and started training with her. This was when the 5K was still on Saturday morning and was I amazed at all the support out on the streets and got hooked, did a few 10K's and did my first half in Fargo May 2010. Now my family thinks I'm crazy to get up at 5:00 and head out running in freezing cold temperatures all winter long.

What helps you stay motivated? I have a great group of gals that I run with 3 days a week, we meet at Starbucks on Tuesday, Fargo Running Company on Thursday and random coffee shops\places on the weekend. Lola, Laura, Lou and Penny (aka Lenny) the L gang, we keep each other accountable and motivated. We solve lots of worldly problems on our group runs! (The L Gang is pictured above).

Favorite running route: Through Lindenwood park, there is a 5 mile loop we do from Moxie Java in Moorhead that goes through Gooseberry, Lindenwood, and the dike area and then Coffee afterwards.

Favorite Race: Dick Beardsley half, I love the view of the lake on the route.

Favorite Race Distance: Half Marathon.

What shoe did you race your last marathon in? Brooks Glycerin 16.

Essential Running apparel: Fargo Running Company Shirt.

Favorite Pre-race Breakfast: Oatmeal with craisins and almonds.

Favorite Post race Meal: Good IPA Beer.

Favorite Professional Athlete: Currently enjoy following Gwen Jorgensen as she is switching from Tri's to Marathon.

Running Lesson: Don't have to many beers the night before long run, learned my lesson quickly the first year of training.

Running Goal for 2019: At my age I am just happy to be able to keep injury free and running a few days a week with my running friends, will probably do half in May. Would like to do some more marathons eventually.