

Local Spotlight-Ray Wohl



Ray grew up on his family farm in Linton, ND, where he was active in Football and Track & Field. Eventually he made his way to Fargo to attend NDSU and has never left. Outside of running Ray keeps busy with a full time job as a Sales manager for Rust Sales, Inc., and has a beautiful wife and daughter at home.

Ray has been making waves over the past 10 years with some very solid running accomplishments. He has only been running for the last 12 years, but still has tackled an incredible 28 marathons. Learn his favorite workout, what he eats before a race, and all the other juicy details about him below.

Age: 48

Number of Marathons Ran: 28

Marathon PR: 2:57:13

Number of Half-Marathons Ran: 19

Half-Marathon PR: 1:24:03

Age that you started running: 36

Why did you start running: I wanted to lower my cholesterol and lose weight.

What helps you stay motivated? Family, running with Friends, and having a race to train for (and coffee time with the #CoffeeBros).

Favorite running workout: Tempo Runs.

Least Favorite running workout: 1 mile repeats on a 200 meter track.

Favorite Race: I have two -Twin Cities Marathon and Boston.

Favorite Race Distance: Full Marathon.

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

Essential Running apparel: Compression shorts.

Favorite Pre-race Breakfast: Cocoa Wheats.

Favorite Post race Meal: After a full Marathon a big juicy burger.

Favorite Professional Athlete: Walter Payton (Chicago Bears Running back).

Running Lesson: When it is very hot and humid and how to handle it.

In 2007 Twin Cities Marathon I passed out at mile 17 ³/₄.

In these hot conditions I should've drank water at every aid station, poured water over my head to cool down, and adjust my race pace.

Since learning this I have avoided passing out in any other race.

Running Goal for 2019: Enjoy Running. Stay healthy. Lower my 5k/10k times plus Strength training.