

Kevin Lashley 3:30 Pace Leader

I started running in 2007 simply to lose weight. As the pounds came (somewhere around 50 or 60 pounds) off I started enjoying the miles more. I ran my first 10k in 2007 and my first marathon in 2008 in Nashville at a time of 3:10:02. I then ran Boston in 2009 and again in 2014. Since I've been running I have completed a total of 12 marathons with a PR of 2:50:34 in Indianapolis in 2015 and several half marathons with a PR of 1:19:53 in Evansville Indiana 2014. I've also had the opportunity to run the bg26.2 half and won overall male in 2013 and ran the bg26.2 full marathon and finished second overall male in 2014. If all goes well I will be running my first ultra on November 25th at the black Diamond 40 miler in Jackson TN. I enjoy running more today than ever and hope I can continue to do so.

