



2:00 - Gwen Thomas

I started running while I was in college as a stress reliever and over time it has evolved into so much more. I find that running is a great way to meet new people and form lasting friendships. I enjoy pacing and helping people reach goals that they didn't think were possible. The half marathon is my favorite distance, it's hard but approachable. I look forward to meeting all of you in 2017.