

2015 OC Marathon (OCM) - Half Marathon and 5K Training

Whether it is your first race ever or you are a veteran athlete, we are here to help you meet your goals, in a fun, supportive running environment.

Weekly runs, nutrition tips, injury prevention and most importantly teamwork, will set you on your way to meeting your goal.

Run Training Team Leaders



Running Coach

Doug McKay

RRCA Certified Run Coach, OCM Marathon Pacer (2012 / 2013)

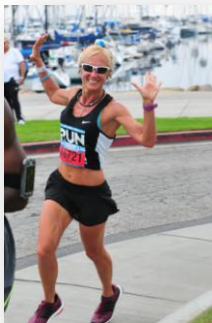
Susan G. Komen - Race for the Cure, Race Chair (2014 / 2015)

Years Running: 7

Favorite Race: Austin, TX Marathon

Why I enjoy running with others: I like being a part of the journey each runner is on. Where I can help, I will.

Running / Race Mantra: Run Happy



Running Coach

Meri Smalstig

RRCA Certified Run Coach, Half and Full Marathon Pacer (Multiple Races)

Athleta Sponsored Athlete 2013

Years Running: 8

Favorite Race: Boston Marathon

Why I enjoy running with others: I enjoy running with people for the camaraderie and to inspire others to achieve goals they didn't know where possible.

Running / Race Mantra: Give it all you got and never give up.



Running Mentor

Al Maldonado Sr.

Years Running: 2

Favorite Race: LA Marathon 2013 (My first marathon)

Why I enjoy running with others: Camaraderie, motivation, conversation, safety and accountability...all accomplished with cool like-minded people.

Running / Race Mantra: RFM (Relentless Forward Movement) + PMA (Positive Mental Attitude) = Success

Run Training Team Leaders Continued



Running Mentor

Danica Ridgway Hand

Years Running: 10

Favorite Race: Ragnar Relay Series

Why I enjoy running with others: It's an outlet. Time to laugh and enjoy each others company. It also makes the long runs go faster. It's just a good time!!

Running / Race Mantra: Find your happy pace.



Running Mentor

Shelly Jean Thurman-Overton

Years Running: 8

Favorite Race: Surf City

Why I enjoy running with others: Being there for each other.

Running / Race Mantra: I might be a little slower than others, but I am faster than I was last year.