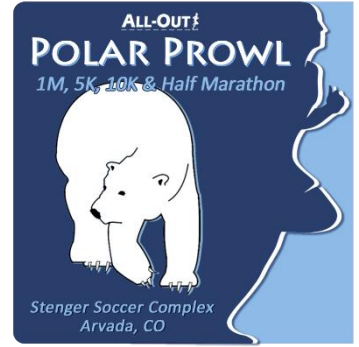


Laura Bishop



From: Arvada, CO
Runner Since: 2009
Miles per Week: 25+
Favorite Distance: Half Marathon
PR: 1:44:32 (2014)
Favorite All-Out Event: Polar Prowl (Legacy)



"I love All-Out because they think of accommodating all runners no matter what their experience is; there's a distance for everyone." Laura says she really likes how recognition was added for those who have raced the same event more than once, how there are so many aid stations and so much support on course, that ideas and input are welcomed, and that All-Out makes sure everyone receives a little bonus prize during the give-away. "It's just an overall fun experience." With staff and volunteers there until the very last person finishes, "All-Out has shown me what a running family can be like and has helped me to meet so many inspiring people."

Favorite Quote:

"Know when to run. Know when to walk," to the tune of the Kenny Rogers' lyrics "know when to hold 'em".