

Mike Hall



From: Highlands Ranch, CO
Runner Since: 2012
Miles per Week: 12 miles
Favorite Distance: 5K
PR: 23:18 (2013)
Favorite All-Out Event: Fa La La



“All-Out’s races are just far more organized than any other races I have been to,” professes Mike. *“We run races in many other states and no one comes close. All-Out gives the BEST – from registration, pre-race, course directions, on-course support and post-race.”*

Favorite Quote:

Mike doesn’t have a favorite quote but is instead motivated by the effects of running in his life. *“The weight loss of 110 pounds between my wife, Linda and myself is what I’m most proud of.”*