

TRACY F. GREEN



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FOCUS

Marathon, Half-Marathon

AGE

34

YEARS RUN

12

RESIDENCE

Louisville, Ky.

WORK

Account Executive,
Estes Public Relations

Pilates and barre instructor,
Baptist Health/Milestone Wellness
Center

BIOGRAPHY

In 2006, as a college junior, I decided to “get in shape.” I set my sights on a race and used the infamous “couch to 5k” program. **Just 15 months after I started running, I ran my first marathon and qualified for Boston.** Since then, I have completed **14 marathons**, achieving a Boston qualifying time at each. In 2016, I broke 3 hours for the first time.

I previously authored a **monthly column** called “Running through the Bluegrass” for The Running Journal and am a past contributor to SaltyRunning.com. I maintain a **blog** to document my adventures at tgrunfit.com and am avid user of **social media**, including Instagram, Twitter, Facebook and Athlinks.

An active member of the running community, I enjoy volunteering at races and working with new runners. I worked for five years in **running specialty retail**, led the store’s training group and have also coordinated store-based racing teams. A **certified Pilates and barre instructor**, I teach several classes weekly at Baptist Health/Milestone Wellness Center.

I am an **experienced brand ambassador**, currently partnering with Hammer Nutrition and Sarah Marie Design Studio, and always eager to share my own running experiences and celebrate the experiences of others.

PERSONAL BESTS

5k – **18:36** – Anthem 5k, February 2016

4 mile – **25:00** – Snowman Shuffle 4 mile, February 2017

10k – **39:13** – Rodes City Run 10k, March 2016

10 miles – **64:52** – Papa John’s 10 Miler, April 2017

Half-Marathon – **1:25:53** – Ky. Derby Festival miniMarathon, April 2017

Marathon – **2:57:03** – Monumental Marathon, November 2016

RECENT ACCOMPLISHMENTS

2017 and 2018 USATF-KY Female Long Distance Runner of the Year

1st female and new course record, 2018 Harrod’s Creek Trail Bash
10k, 50:46

2nd female at 2018 Carmel Marathon, 2:57:35

1st female and new course record, 2018 Backside Trail Half
Marathon, 1:43:15

1st female at 2018 Filly Women’s Half Marathon, 1:32:14

1st female at 2018 St. Paddy’s Day Half Marathon, 1:29:05

94th female at 2017 Chicago Marathon, 2:59:26

10th female at 2017 Ky. Derby Festival miniMarathon, 1:25:53

6th female in the 2017 Louisville Triple Crown three-race series

9th female at 2016 Monumental Marathon, 2:57:03

5th female at 2016 Indy Half Marathon, 1:26:15