

George (Dod) Reid

Scottish Athletics level 2 Endurance
Coach

Has run off and on for 27 years
sometimes more off than on.



Likes

Long distance, hills, and off road running.

Favourite Distance

Ultras and Marathons

Other Interests

Working out with weights, and Cycling.

Main goal for 2010

Repeat of 2009 Ultra Trail Du Mont Blanc
run plus many others. (104 miles and 30,000
feet of climbing in 48 hours)

Personal Bests

Marathon 3:01 Half Marathon 1:21

Favourite Quotes

Only one who will risk going too far can
possibly find out how far one can go.
T.S.Eliot

Train Hard Pee Clear
Anon

