

Three Questions: ???

WITH F-M HALF-MARATHON ORGANIZER MARK KNUTSON

You have more than 1,900 runners registered for today's inaugural F-M Half Marathon. What do those numbers tell you about running interest in the FM community?

I think it's really encouraging. To be honest, we put this race together in a relatively short amount of time (since July). You see people running out in the streets and on the sidewalks all the time. It's been fun to watch the region change the mindset of running in general.

How much do events like this and the annual Fargo Marathon encourage more people to start running?

People used to think three miles was a long ways to run. Now they are stepping up from 3 to 10 to 13 to 26 miles. It just kind of grows. It snowballs as people get more and more confident with themselves. Races like this give them a chance to hit one of their running goals. I've seen people who used to do traffic control for these events now enter a 5K race. The next thing you know, we are running low on people for traffic control.

What advice would you have for someone who is thinking about getting into running?

Start slow. If you're coming off the couch, go online and find a good 5K running program. Don't do like I did and bite off a marathon right away. Don't get discouraged. It's not a sprint. Committing to something is 90 percent of it. You just have to get through the training. It's one of those sports in which it's going to be up to you. Know that going in. Also, realize that this is going to help you out physically and mentally.

- Compiled by Kevin Schnepf



Forum file photo

Fargo-Moorhead Half-Marathon organizer Mark Knutson has 1,900 runners registered to race in the inaugural event today in Fargo-Moorhead.