

February 12, 2017



Windy City Strider's Runner Profile

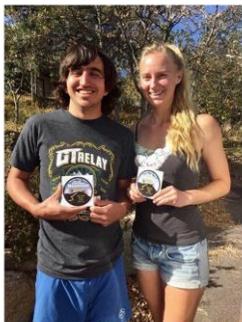
Adam Arguello

*Born October 20,
1987 in Las Vegas,
New Mexico*

*Graduated from
University of
Arizona in 2010*

*Moved to Casper in
2010 and works for
Hydro Engineering*

Adam Arguello – Adam has always had a love for running and says it's always been a part of his life. He lettered 5 years in cross country in New Mexico and started running in Casper at the Tuesday night trail runs where he met his girlfriend Maggie Edmiston. They have run many Ultra Marathons together with the HURT 100 being the most recent last month in Oahu.



Pam: What advice would you give slow runners? You know like me who run in the middle to the back of the pack.

Adam: Your level of accomplishment isn't diminished by your finishing time.

Pam: Can you explain further?

Adam: To finish a race fighting cut off times is much harder than to be in the front of the pack. You are out on the course much longer.

Pam: What advice would you give for recovering after long runs:

Adam: Get comfortable with going a lot slower on your recovery run. Run at the low end of your heart rate zone. Even though you feel you aren't gaining anything – it adds up. Better to be undertrained than overtrained.

Pam: What is your favorite moment in a race?

Recent Races

2013 –Old Gabe 25k

Skunk Hollow
Sneaker Chase (every
year except 2016)

2014 – Big Horn 50k

2015 – Gorge
Waterfalls 50k

Cactus to Cloud 50k

Big Horn 52 miler

Run Rabbit Run 50
miler

2016 – Red Hot 55k

Zion 100k

Big Horn 100 miler

The North Face
Challenge Park City 50
miler

2017 – HURT 100



Adam: The quiet moments by yourself. The camaraderie in ultras is incredible, but those moments where there's nothing around to motivate you beyond your own will power is poignant.

Pam: What is the hardest part about training for Ultras?

Adam: Those nights when you know you have to run and really don't have any urge. You just have to make yourself get out there and do the work. It's a huge time commitment!

Pam: Do you have a strict training plan you follow?

Adam: Not really, I just wing it. I make sure to build a consistent base and do back to back runs – like 30 miles one day and 20 miles the next. Build up to about 80 miles per week.

Pam: What is your favorite race fuel?

Adam: I like Honey Stingers chew, Lara bars, and Tailwind. I don't want to see another Lara Bar after my last 100 miler for quite a while.

Pam: Do you have a favorite running shoe?

Adam: Altra Lone Peak- run everything in these.

Pam: What was the worst part of the HURT 100?

Adam: I wanted to quit at every aid station on lap 40 (miles 60-80). There were multiple volunteers who wouldn't let me quit.

Pam: What are your plans so far for 2017?

Adam: I'm doing the Big Horn 52 miler which will be the first time I do an ultra for a second time and I'm doing The Rut 50k in Montana. I'd like to do the HURT 100 again to redeem myself and better my time.

Pam: Do you cross train to help with your running?

Adam: Most definitely. I do CrossFit at Crossfit 307, mountain bike, and hike.

