Name: Lori Malangone

Nickname: LOMO

Runner # requested: Not sure yet. I'll take whatever other people don't want.

Total amount of miles: Hopefully not too many, I'm getting too old for this.

Race History: 2 Ragnars, a marathon and a few halfs.

Why are you running the Ragnar? I can't NOT do it.

What is your most likely injury during or before Ragnar? Left knee pain.

How will you pass time between each of your runs? Sitting around, cheering on other runners, Trying to create harmony between runners and trying not to get caught laughing at the hilarious conflicts that arise because no one has slept in 36 hours.

What is your training strategy? Run until my knee hurts. I'm also going to train on more hills this year.

Imagine: Your van is waiting for the next van to run into the exchange, and they are 30 minutes behind schedule. What do you do? Try and take a nap in the park.

What is your favorite Ragnar accessory? The headlamp. I love the headlamp.

Explain the love/hate relationship one feels after running Ragnar. I hate Ragnar right after I finish. It takes about 6 months to forget how miserable it is. I love looking forward to it.

What do you like/dislike about running overnight? I love running overnight so I can wear a reflective vest without being a nerd.

What is your response to people who say you are crazy for doing this? They are correct.

What's your favorite post running food? So many choices… pretty much anything in the van except jalapeno potato chips.

If you've run before, what is your favorite Ragnar memory? Cheering on runners and honking at random people and waiting in the park for van 2 to finish.

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