

Name: Johnny Garner, 43 years old. Married for 9 years to Norma Rainwater. Three step-children. Erin, 21, Athens, Jonathan, 18, Flowery Branch, Alan, 17, Oakwood. Three cats. Born in Mississippi and grew up in Gainesville area. UPS driver for 19 years.

Running History: Started running in 1993. First race was Lanier Park 5K - 20:43. Johnny started running after meeting some people who ran and hearing them talk about it. He thought he might want to give it a try. He started running the next day, and never looked back. He has done too many races to mention. Mainly, here in Georgia, but also as far away as Washington, DC, Florida, and California. He has helped coach the West Hall Cross Country team in the past and actively encourages people to try running. He has done all distances from a one mile to an ultra and just recently completed the Mountain Masters 50K trail race in Blue Ridge. That was one week after traveling to Santa Barbara, California to compete in the US Adventure Racing Association Nationals Adventure Race. Running isn't Johnny's only sport as he is an accomplished mountain biker and triathlete. Johnny believes that cross training is what has kept him healthy. His cycling complements his running. He has competed in several cross country mountain bike races, solo 24 hour and 12 hour mountain bike races, Cyclocross, adventure races and many triathlons.

PRs: 5K - 17:10, 10K - 36:22, Half Marathon - 1:27:00, Marathon - 3:13:00, 50K - 4:34:00

Goals: Keeping active and injury-free. Having fun! Looking for new challenges.

Favorite Race: Trick or Trail Run. This is Johnny's annual night Halloween trail run. It's typically held on the Thursday night before Halloween. Participants meet at Gainesville College with flashlights to run the trails in the dark. SPOOKY!

Favorite Place to Run: Gainesville College. Johnny loves trails and the college has a nice 3 mile loop.

Favorite Running Story: Pine Mountain Ultra 46.2 mile Trail Race- Johnny attempted this race in 1995 and missed a cutoff at 40.3 miles by one minute. He returned in 1996 to finish the race. His time was 11 hours 42 minutes. His preparation that year was a long run of 7 miles. During the race, there were several instances of strange hallucinations. A running mate thought someone was chasing him. Johnny thought that the aid station table was tipping over and when he grabbed it, the volunteers starting eying him nervously. As he finished in the darkness, he could hear the voices of his kids yelling at him. Hot soup never tasted so good!

Favorite Athlete: Lance Armstrong

Favorite Food: All of it.

Favorite Racing Team: Outdoor Mafia - Johnny formed this team that's more like a family. Members enjoy running, biking, paddling, climbing, motorcycles, and anything outdoors.

Favorite New Running Gadget: Garmin 205 - GPS running watch

Favorite Thought: You can achieve it if you believe it! Also, he likes to jump into things over his head just to see if he can do it.

Favorite Saying: Finish without throwing up!