## Rachael J Dunn

I began running when I entered the military in 1994; however, did not become interested in really running until around 2001. At this time, running became my outlet and way to meditate. Between this time and present, I've ran quite a few 5K's/10K's. Though it wasn't until 2012 I ran my first half-marathon while deployed. Outside of running, I love to read, travel, do art, and try new activities to try to challenge myself. Presently, starting this year in 2019, I have begun training to compete in my first sprint triathlon (yet to enter a race) and my first full marathon on 1 December 2019.

## **Half Marathon**

- Tarin Kowt Half Marathon, TK, Afghanistan (Time 2 hrs 25 mins) 2012
- Disney's Star Wars Half Marathon, Orlando (Time 2 hrs 51 mins) 2016
- Treasure Coast Half Marathon, Stuart, FL (Time 2 hrs 43 mins) 2017

## Mud Runs/Etc.

- Mud Titan 2015
- Battle Frog 2015
- Mud Endeaver 2015
- Terrain Race 2016
- Insane Inflateable 5K 2018
- The Great Inflateable Race -2019