



Justin Walker



I coach at: RunnersWorld Tulsa and JW Conditioning. From 5k programs to 100 mile races.

Background: 11 years running from 5k to 100 miles. Currently and competitively running in all distances, including wins in most distances. Have completed over 100 races through the varying distances.

Most memorable race: Wasatch 100 mile endurance run; It proved to be one of the hardest 100's because I was both physically and mentally broken by mile 45 and somehow, my body continued to move forward...slowly! It showed me how strong the body is when one really wants something.

Balance: In March 2017, I will have completed my 200 hr hatha yoga certification. Regular yoga practice has deepened my understanding of my own body as well strengthened my mind. These are key to staying healthy!

Interesting fact: I am a featured meteorologist in a current IMAX film playing across the United States called "Extreme Weather." I am trying to deploy pods into a tornado in a modified truck that can withstand tornadoes up to EF4, or winds up to 150mph. The goal is to understand tornadoes better so we can forecast them with more accuracy.

Follow me at: <https://www.instagram.com/runjwalkrun/> or email JWConditioning@gmail.com