

## ***2015 Tussey mOUntaiNBACK Previews: Profiles in Hillage***

### **Penn State Ultramarathon Participant: Tom Hanna**

Tom Hanna (sophomore, mechanical engineering) is another Penn State student who's going after the whole 50-mile enchilada. This will be Hanna's first time running in this race and also his first ultramarathon.

Hanna started running and racing "when I was about 10, in a youth track and cross country league," he recalled. "I've been running for almost half my life!"

What brought him to the point of registering for this 50-mile race?

"I've always thought the idea of an ultra was really cool, and this was the first time I haven't had any other obligations or events to train for, so I decided to just go for it!"

Hanna has ambitious plans, tempered with pragmatism, for his first run at this distance.

"I'd love to be under 8 hours, 7:30 would be awesome, but I'd be happy to break 9. As my first ultra, I'm more focused on just finishing and having a good time."

What has Hanna been doing for training?

"I biked across the U.S. this summer (not as training specifically for Tussey), so that gave me a good base, and I've just been trying to get in long runs on the weekends. I run a lot in the Musser Gap area. I also train with Penn State Club Cross Country and get a few speed workouts in every week with them. I've also started swimming once a week as cross training."

