

Karla Hernandez

Karla's running adventure began in 2013 with a challenge to run 1,000 miles in a single year. Her goals progressed from running a 5K to half-marathons, marathons and ultra races. To date, she has run a handful of 50K's, various road marathons and a 50-mile trail race. She has been known to streak, running at least ONE continuous mile a day, each calendar day; her longest streak to date began on January 31st, 2018 and is well beyond 330 days. Running has given her a fresh perspective on life and it helped her cope with stress while finishing her doctorate in molecular biology. Her long-term running goal is to one day run the prestigious Western States 100-mile race. In the process, she hopes to inspire and motivate others while sharing the journey with her family and friends.

