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Rock'n'Roll Marathon Worth Every Climb for Two TakeCare Champs and Runners

March 27, 2019

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What started as a frigid morning proved to be perfect running conditions for participants at the Rock 'n' Roll Marathon Saturday in Washington, DC.

This year, RunWestin participated in the Rock'n'Roll Marathon and had a kickoff event with TakeCare at headquarters. Stephanie Linnartz, Global Chief Commercial Officer, discussed prioritizing health and finding balance while on the go.

As avid runners and TakeCare enthusiasts, CEO, Arne Sorenson, and CFO, Leery Oberg, also participated in the

marathon.

Winding through city streets and quiet neighborhoods of DC, the final stretch on the rolling hills of Rock Creek Parkway turned out to be the most challenging. After uphill climbs of over 1,000 feet of elevation, our TakeCare champ Jim Sneek finished at 4:09:44. This was his second marathon this month.

"It was a tough one, but I survived at 4:09:44. It's my second slowest marathon ever, but it's my fastest on 20 days of rest, right!"

Focused on pacing himself and committing to meeting his personal goals paid off for Aaron Wilkinson. He finished the half marathon in 1:35:17 with an average pace of 7:17 minutes per mile. Aaron gave perspective on how using TakeCare ties into achieving personal goals through fitness.

"By completing my first half marathon, I proved to myself that with persistent effort and the help of a strong support system, it is possible to push past comfort zones and smash our goals. As I continue to work on my career, personal life, and fitness, I plan to use this same philosophy of setting goals and chipping away at them until I reach the finish line."

Now, like most of the runners, our RunWestin partners and TakeCare champs are looking forward to some much-needed rest after pushing physical limits and enjoying the nation's capital on foot.



RunWestin participants and TakeCare champs at the starting line.

What do you think? Share your comments here.

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Snee, James
April 3, 2019

+1

A shout out to our speedy CFO, Leeny Oberg. . . she completed the 1/2 Marathon, placing in the top 10% of her age group!

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Foody, Ellen
April 3, 2019

+1

This was such a great experience for Marriott to sponsor so many runners!

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