

Ron Grinnell

Ron has been a TNT coach since 2003. He wishes to welcome you to the 2009 Walt Disney World Marathon Team. He was the onsite marathon coach in 2004 and 2006. He ran the event as a participant in 2005 and 2008. Since it is one of his favorite courses he will be running it with you this year as well as his 23rd TNT marathon. Ron started with TNT in May of 1996 and has now raised \$60,000 to fight blood related cancers.

Ron uses the run/walk method to complete each of his marathons. This means he will walk for one minute for every eight or less minutes that he runs. He finds that he actually finishes them faster and recovers much more quickly. He looks forward to sharing his knowledge with you. After coaching 500 participants to complete a half-marathon or marathon Ron knows that not only will you be successful... You will love being a part of our spirited TNT team. GO TEAM!

