



Josh Runs < <https://runjosh.com/>> — and does other stuff

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bio

I am [Joshua Perks](#). I live in Windham, NH with my wife Lisa, daughters Hazel and Rosaleen and our 3 cats Penny, Mr. Bear and Tygee. I started road racing at the age of 9 and ran for Arlington HS track and cross country in the late 80's early 90's. I had a bit of a competitive layoff (11 years of no running) before running for Purchase College 2002-2004.

starting when I was 28 years old. In 2009 Mike Insler and I started [Roadkill Racing < https://runjosh.com >](https://runjosh.com) mostly because we wanted a fun singlet to race in. Since then team has since grown into a competitive force in Western NY's racing scene. After moving to New Hampshire in 2016 I began racing for the [Central Mass Striders < https://cmsmort.blogspot.com/ >](https://cmsmort.blogspot.com/) and have turned over management of the Roadkill Racing team to the dedicated members who live in the Rochester area.

I remain desperately passionate about running as a competitive sport, and as always race for

“Beer & Glory.”

You can read about my racing, training, and general musings [HERE < https://runjosh.com/>](https://runjosh.com/).



< <https://runjosh.com/stories>>

USATF Masters East Regional Mile Championship

Personal Records

Track		Road	
100M	12.75	5k	16:03
200M	27.5	5 Miles	26:52:00
400M	57.05	10k	34:32:00
800M	2:06.84	15k	53:22:00
1500M	4:21	10 Miles	58:40:00
1 Mile	4:29	1/2 Marathon	1:15:51
5000M	16:15	25k	1:32:56
		Marathon	2:41:11

Masters Personal Records

Track		Road	
100M	13.5	5k	16:14
200M	27.38	5 Miles	26:59:00
400M	57.05	10k	34:40:00
800M	2:15.5	10 Miles	58:40:00
1 Mile	4:39	1/2 Marathon	1:16:20
		Marathon	2:41:11



[Racing Log < https://docs.google.com/spreadsheets/d/1ur20GFhXHguxTXcnv_Vz9_NGIAutgGfziSIgfzFKxDI/edit#gid=0 >](https://docs.google.com/spreadsheets/d/1ur20GFhXHguxTXcnv_Vz9_NGIAutgGfziSIgfzFKxDI/edit#gid=0)



[Training Log < https://www.runningahead.com/logs/ef2b7283fa9f4efaab606e3333ef4360 >](https://www.runningahead.com/logs/ef2b7283fa9f4efaab606e3333ef4360)

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