



Hall of Famer Joe Thomas Shares His Marathon Mindset!

Hey Friend of the Cleveland Marathon,

On this week’s episode of the University Hospitals Cleveland Marathon Podcast, Jen & Adam had the honor of interviewing Cleveland Browns Legend and Pro Football Hall of Famer Joe Thomas!

Joe and the show discussed everything from staying motivated during training season, the Browns stadium being on the course, and the importance of crowd support — to prepping for race day, breaking mental walls, and Joe’s personal memories of the UH Cleveland Marathon.

Tune in now on our [YouTube](#) and [Spotify](#) channels!

And don’t forget to follow Joe Thomas on Twitter and Instagram at @JoeThomas73!

A huge thanks to Joe for joining the podcast and supporting our runners and the City of Cleveland!

More great episodes coming soon!

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QUESTIONS?

What topics are you interested in hearing about?
We'd love to know!
email: info@clevelandmarathon.com