

Meet Team Hale's Coaches



Scott Lennox

Scott is a resident of Hopkinton. He resumed running in 2002 at age 56 after a 37-year hiatus after college. Since then he has completed 52 marathons in 30 U.S. states (as well as Canada and Japan), including the Boston Marathon 14 times. He is a former member of the B.A.A. Running Club. In addition to coaching Team Hale and BostonFit, he has coached Team In Training. He enjoys coaching and running races of all distances with his daughters and his niece.

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Beth Lennox

Beth was not a life-long runner, but she made the transition from her father's #1 fan to #1 training partner when she "caught the running bug" in 2009. Since then, she has completed 24 marathons and many shorter races, and she and her father are now working on their seventh year as a coaching duo for both Hale and BostonFit. She has had a fantastic time coaching Team Hale the past six years, especially in 2014 when she ran alongside the team in her first Boston Marathon.

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