

Featured Runner - September 2015

Name: Chelsea Halderman

Age: 27

Occupation: Senior Exercise Specialist at Brethren Retirement Community

When and why did you start running?

I started running in Junior High track and sports.

Why do you run now?

There's an endless list of reasons why I run: passion, goal setting, staying healthy (mentally and physically). Running is something I can always rely on, no matter what the day brings me.

What is your biggest running/fitness accomplishment so far?

I would have to say placing third at my first marathon in South Bend at 3:20:45 and qualifying for Boston, then completing the Boston Marathon in not so ideal conditions. I'm also pretty proud of my 5K PR of 19:52.

What is your next running/fitness goal?

I have a few new goals. I want my 5k to get back into the 19's, and I'm hoping to hit sub 3:20 at the Marquette Marathon in September. I plan to get into triathlons more next year.

Describe your typical running week.

I try to get at least one speed run in, a tempo run, and a long run. I really focus on aligning my training pace to where I want my race pace to be. This training cycle, I have started basing my training off of *Run Less, Run Faster*. It really worked well for Ron Ross, so he has encouraged me to try it. You have a target pace for each training run, and it is supposed to put you exactly where you want to be on race day.

What other activities do you use to supplement your running?

I like to swim or spin. I also make sure to get some core, leg and arm work. I think core and leg strength is essential to preventing injuries, and I always think about how my arms will need to help carry me during those final miles.

What is your favorite running-related snack/product/gadget?

When I am in the heart of training I drink a glass of tart cherry juice a day with some blue-green algae in it. Tart cherry juice supports muscle recovery and my cousins introduced me to the algae, because they say it gives you the eye of the tiger—and they were right! I'm bananas for bananas, and I love my music and mapmyrun. I enjoy tracking progress, and my most recent gadget is the Garmin forerunner 910xt. It lets me track my swims, runs, and when I finally buy a bike-I can track my rides also. It is very handy!

What are your pre-race rituals?

I have to eat breakfast. I take a little warm up jog and stretch. It never fails, I always have intense pre-race butterflies.

How do you get through a tough run?

I'm all about focus and reminding myself of the things God made me capable of doing. One of my favorite parts of hard runs is the determination it takes to complete it. There's nothing like wanting to quit, but staying in it and getting through it! Sometimes it helps me to zero in on something in front of me and completely zone in.

What is your favorite thing about running?

It puts me in a good mood, and makes me feel like I could conquer the world. The dedication it takes to train and complete a marathon is empowering. The whole process has changed my life, and I will try to encourage and empower others to do the same for as long as I can.

How do you motivate yourself on days you don't want to run?

I think about my goals and where I want to be. I also think about all the people that are out getting better when I'm not, and it usually lights a fire under me!

Who is your running hero and why?

There're so many people in the community that inspire me. Wayne County is full of people that relentlessly train and push everyone around them, and I feel lucky to be a part of it. Most of all, my hero is my Mom, Thelma Halderman. She ran cross country in high school; she didn't adopt it as a lifelong hobby, but I know she gave me my love of running, and she's my hero for it!

What is your biggest running-related pet peeve?

Nothing really peeves me, but my favorite thing is encouraging runners. Nothing is better than a few strangers knowing that they're in something together and genuinely caring about if you finish! It's so nice to see people supporting each other, no matter if they are ahead or behind in out and back runs.

Are you a morning or evening runner?

I confess that I'm more of an evening runner. I wish I could get more early morning runs in, because it really starts your day off right.

Are you a solo or group runner?

I'm more of a solo runner, because I like the time to clear my head. I like to change it up with some group runs on occasion-both are fun!

What is your favorite type of run?

Long runs where everything is feeling right and Pandora is giving me what I want to hear.

I love running because: all you need is you!

When I run I think about: Everything and Anything!

The hardest part of running is: injuries and plateaus.

The best running advice I ever received was: Speed work!