

## **2013 September Featured Runner**

**Name:** Eileen Cravens

**Age:** 56

**Occupation:** Physician

### **When and why did you start running?**

I show horses. My horse was injured in about 2005 and couldn't be ridden for a time. I figured I'd better do something to keep my legs in shape until he came back healthy. I started out just running a mile and never thought I'd do much more.

### **Why do you run now?**

I want to stay fit. I like the competition and especially doing races with my husband in different states when we travel.

### **What is your biggest running/fitness accomplishment so far?**

Running the 2001 Chicago Marathon and just recently finishing the Muncie 70.3 Half Ironman - both without walking.

### **What is your next running/fitness goal?**

My pie-in-the-sky goal is to someday be an All American Honorable Mention in triathlon.

### **Describe your typical running week. What other activities do you use to supplement your running?**

Unusually I run 3-12 miles 3 times weekly with 2 days biking and 1 day swimming in the summer months. I run 5-6 days in the winter.

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

My iPod Shuffle and my Garmin

### **What are your pre-race rituals?**

Visit the porta potty!

### **How do you get through a tough run?**

Just remind myself it's not about time or speed - just keep going.

### **What is your favorite thing about running?**

I love the feeling after a long hot run - the pure physical fatigue is so much more satisfying than the daily grind mental fatigue.

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

I remember that I like to eat too much and need to burn those calories.

**Who is your running hero and why?**

My husband, Dana Reihman. He is the most motivated, dedicated to training person I know. No weather, illness, condition, or frequent injury prevents him from getting out there to train.

**Are you a morning or evening runner?**

Evening during work week and mornings (but not too early) on the weekends.

**Are you a solo or group runner?**

Usually solo.

**What is your favorite type of run?**

I don't do it as much as I'd like, but I love to run through the Earlham woods trails.

**Fill in the blank:**

I love running because: *I love the feeling of pushing this old body to still do things I didn't think I could ever do.*

When I run I think about: *either nothing or the music on my iPod.*

The hardest part of running is: *just getting started after a long day at work.*

The best running advice I ever received was: *(I know it's a cliché, but it's true) Just do it!*