

October 2014 - Featured Runner

Name: Missy Moore

Age: 46

Occupation: Dental Hygienist

When and why did you start running?

I started running in 2011. I was working for Dr. Greg Ingram, who is a runner, when he challenged his staff to race in the Indianapolis 500 Mini Marathon. We all signed up and completed the race. I was hooked! My next race was in October of that year and I have been running ever since.

Why do you run now?

I run because I love it! I get such a high from running, it helps keep me grounded and healthy.

What is your biggest running/fitness accomplishment so far?

My biggest accomplishment has been running four full marathons.

What is your next running/fitness goal?

I want to make it into the Boston Marathon. It takes a lot of time and effort when you are training for a full marathon but I remind myself it is this hard work that will get me to Boston.

Describe your typical running week.

I usually run three days during the week and save my long run for Saturdays with the local running group.

What other activities do you use to supplement your running?

I like to ride my bicycle with my husband.

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

My favorite reward after running is an iced coffee from Starbucks. It's my only caffeine fix so I don't feel too guilty. I also love chocolate milk at the end of a run or race.

What are your pre-race rituals?

I will usually eat a banana and a protein bar prior to a long race. I usually do a short warm up to help calm me and get my legs going.

How do you get through a tough run?

Some runs are just easier than others. I'm sure most runners would agree there are days when you go out and it's just not there. I don't beat myself up over it, just make it the best I can and plan on the next run being better.

What is your favorite thing about running?

My favorite thing about running is the people I meet along the way. Runners are a strong, positive, and supportive people. I love to run with the Saturday group because every person there is an inspiration. We have come from all walks of life; some have been running for years and others just a year. No matter what your running ability is no one is ever left out or left behind. I know I am a stronger runner from being a part of that group.

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

My motivation on days when I don't want to run is my dad. My dad was diagnosed with stage 4 esophageal cancer three years ago. I never heard him complain that he couldn't do anything on his own even when he was feeling his worst. He would be out mowing the yard right after he had chemo treatments, my mom had to force him to rest. I remind myself if he could be strong through all of that I have no excuse to take a day off or ever complain that something is just too hard. My dad lost his battle with cancer but I feel him with me every time I run pushing through hard times, telling me he's there and we'll get through it together.

Who is your running hero and why?

My running hero is every person who puts on a pair of running shoes, goes out there and puts their all into it no matter if they have to run and walk. It takes a lot of courage to get out there and run but the pride you get from finishing a race stays with you forever.

What is your biggest running-related pet peeve?

My running pet peeve is someone who is running a race and talking on their cell phone. Seriously! This person isn't paying attention to where they are going and will hurt themselves or someone else.

Are you a morning or evening runner?

I am an evening runner during the work week but prefer mornings on weekends.

Are you a solo or group runner?

I like running with others as it holds me more accountable for my running, distance and pace. Sometimes a solo run is a good way to clear your head from all the junk in a work day.

What is your favorite type of run?

I like a long run in the country on a peaceful day.

Fill in the blank:

I love running because it makes me feel free and strong.

When I run I think about how close is the next Starbucks.

The hardest part of running is fitting in mileage due to work and weather.

The best running advice I ever received was from my husband. I can be hard on myself after a race so he is always there to remind me why I run. He tells me I should always do my best, to have fun on the run, and remember how lucky I am to be able to get out there and run. He's always proud of me after every race for just finishing, it's not about what my time was.