

2013 June Featured Runner -

Reagan Wilmot

Name: Reagan Ann Wilmot

Age: 7 years old

Occupation: Will be a Second Grader at Rose Hamilton Elementary next Fall

When and why did you start running?

I started running at the City Fit 5k in 2011. I started running because I wanted to do something with my Dad.

Why do you run now?

I run now because I like it and it makes me feel happy!!

What is your biggest running/fitness accomplishment so far?

My biggest running accomplishment so far happened last year when I became the youngest person ever to complete all of the WCC races in one season.

What is your next running/fitness goal?

My next running goals are to improve my best time and to win the new 9 year old and under age group in the WCC.

Describe your typical running week.

I usually get my running in by just playing around.

What other activities do you use to supplement your running?

I have been taking tap and ballet classes since I was 4 years old. Last year I also started taking gymnastics classes.

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

After the races I like to eat the cookies!!!!

What are your pre-race rituals?

Before each race I stretch, or at least I try to.

How do you get through a tough run?

To get through the tough runs I just shake it off and keep thinking about finishing.

What is your favorite thing about running?

My favorite thing about running is that when I run it makes other people want to run also.

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

I motivate myself by thinking of the goal at the end.

Who is your running hero and why?

My running hero is my Dad because he makes me feel like I can finish anything if I keep trying.

What is your biggest running-related pet peeve?

My biggest pet peeve when running is cold weather.

Are you a morning or evening runner?

I am not a morning person so I would prefer to run in the evening.

Are you a solo or group runner?

I prefer to run with my Dad or my best friend Kendra Shipman.

What is your favorite type of run?

My favorite type of run would be the ones that seem to go by fast.

Fill in the blank:

I love running because: it makes me feel happy!!!!

When I run I think about: the goal at the end.

The hardest part of running is: when my legs get tired and the race is not over. The best running advice I ever received was: when my Dad told me to always finish what you started.