

This Mother Can Run

OCTOBER 2010

“With my son,
I ran up until I went
into labor.”

Danni Boatwright, **16**
RUNNING THROUGH PREGNANCY PAGE



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7 Tips for Moms Who Want to Start Running

Let's get one thing straight from the get-go here. I am not a running coach, or a running expert, a physician or a sports med major. I'm no Olympic track star or marathon champion, not even close. But I am a mom and I do run. In fact, I've been running most of my life with a few gaps here and there to give birth to my precious little girlies. And I have coaxed a few non-runners to pick up the sport and I've noticed a thing or two about the people who stick with it and the people who don't.

Moms who want to start running have an extra added challenge that comes in a teeny, tiny form, their children. Not only do children put demands on our time that make it hard to fit in a run, but they also often leave us physically exhausted and wondering how we're going to find enough energy to get that last load of laundry in the washer much less exercise. So here are a few keys to help get you started based off of nothing more than my own experience and the experience of the runners (and runner wannabes) I've observed over the years.

#1 Buy Yourself a Good Pair of Running Shoes. For two reasons, first, when I buy a new pair of running shoes at around \$100

a pop, I am committed. I can't bear to watch them go unused when that money could've been spent elsewhere. And secondly, running in a good pair of running shoes designed to fit your feet will help you avoid a lot of unnecessary aches and pains and even injury. Go to a running store, not just a sporting goods store to buy your shoes. Most good running stores have trained their staff to properly measure and evaluate your feet, even your stride, and they will therefore be able to fit you with a pair of shoes that are right for you.

#2 Find a Running Partner. Because misery loves company? Not quite. More because there will be less rolling over and back to sleep in the morning if you know someone is waiting for you. This works even better if you make sure the phone is not too close to your bed. If you actually have to get out of bed to make the "I'm not coming today call," and you're already up, then you might as well throw your shoes on right? But if you can't



convince anyone to join you, no worries! There are plenty of online running communities like Tribal Running, Runners World and Kickrunners just to name a few, where you can find virtual running partners. Or if you are already on a social network like Facebook, Twitter, or MySpace, look for a running group to join. One thing about runners is they love to talk about running and it shouldn't be hard to find a person to report your running to online. (One word of caution here; please remember to be careful online. Do not go alone to meet someone for a run that you have only chatted with

.....
“Proper preparation prevents poor performance.”

Anonymous

online.) The key here is finding someone to be accountable to so you can't just skip your run without having to 'fess up to someone.

#3 Set a Goal or Sign Up For a Race.

Having something you are working towards is a great way to keep yourself motivated. Personally, I do both by setting a goal for a race. If you're totally new to running and not just getting back at it again, then you need to understand something about runners and races. Most runners are friendly and most races are fun. Please don't feel like you have to be running sub 6 minute miles before you can sign up for a race. What you will find is that people of all different capabilities enter races, from the mosey-along walkers to the speed-demon sprinters. You'll fit in just fine. Race days are usually exciting, enjoyable and when you finish you'll be proud to have accomplished something. And let's not forget many of them will award you with a t-shirt, food and sometimes a medal as well.

#4 Schedule Your Running Time.

I run a flexible 4 days a week. Flexible because I have babies and as such there are nights that I don't get a lot of sleep. Then there are days when despite my best efforts it's not happening. So by schedule, I don't necessarily mean every morning at exactly 6AM you will run for 1 hour. Not at all. I mean make yourself a plan for how you're going to hit that goal you set. Figure out the best days and the best times for you to run. I'm a firm believer that moms need to cut themselves a bit of slack and not be so rigid with their workouts that they can't adjust when

necessary. It's probably the number one reason I see people give up running. They can't stick to the daily schedule they've made for themselves. They feel guilty, get frustrated and quit. Even the greatest athletes build in a little bit of rest time for themselves. Moms are no different.

#5 Start Slowly.

Even if you were a running stud in your hey day, remember you're just starting back up again. Your body is not the same as it used to be, and it might take a little getting used to especially if you're just starting up after pregnancy. You'll be dealing with something I call the post-pregnancy jiggle. If you haven't been active at all in awhile, start with realistic goals and train at an intensity that will help you get there. I recommend all new runners (or born again runners) start with some kind of run/walk program at least until you get a feel for how you're running.

#6 Involve the Kiddies.

Kids of all ages can help you with your new running goals. Infants can go out with you in a jogging stroller, which can often be found very inexpensively on Craig's List or a re-sale shop, if you don't want to spend the big bucks just yet. If you're just starting with walking, a baby carrier will do. Older children, even toddlers, can do a bit of running with you and can participate in children's events that many races will hold in conjunction with the adult races. It's a great way to lay the foundation for a healthy, active lifestyle for your kids. And if you have them participate in a children's race, you're also teaching them the principles of hard

work, follow through, and sportsmanship.

#7 Reward Yourself. Either in a big way once you reach your goal (when I am able to run a 5K, I'm going to get a pedicure) or in a smaller way on a more frequent basis (every day I get my run in, I get a little mini peppermint patty). It may seem silly, but you might surprise yourself just how hard you'll work for a little reward. And trust me, you'll deserve it!

Happy running mamas!



Kelly Collins is a runner, writer, blogger, wife and stay at home mamma to two beautiful and wildly entertaining little girls ages 2 and 4. She is currently training for her 4th marathon and studying to become a certified running coach. To read her latest adventure visit Secrets of A Running Mom (www.runfastmommy.com).



Principal Weight Loss

Dr. Cathy Armstrong, assistant principal at Harrison High School in Farmington Hills, Michigan, is a wife, mother, and runner. Looking at her today you would never believe that she use to be one hundred pounds heavier. Today This Mother Can Run caught up with Cathy to learn how she lost her weight and how she manages her time.

Q: You weren't always overweight. How did you gain all the extra pounds?

A: The challenge of child bearing took an enormous toll on my body. I had trouble sustaining pregnancies and after several second trimester miscarriages, I was placed on hormone therapy, which accelerated weight gain that is normally experienced during a pregnancy. In short, the cumulative effects of several late miscarriages, doctor's advice to not stress the body through exercise, and hormone therapy packed on the pounds! In addition, I love to cook and to eat, which didn't help!

Q: How long did it take you to get to your goal weight? What programs did you use to lose your weight?

A: It took a couple years to lose everything I ended up losing because I would lose target amounts in shifts and keep my weight stable for awhile between periods of active loss. I lost 60 pounds on the Medical Weight Loss program, which was very reasonable and healthy. I did not exercise at all during the program. Next, I decided to lose 20 more lbs and tried Nutrisystem, which did the job in terms of weight loss, but I personally did not care for the "food." The last 20 lbs were lost through a low carbohydrate, high lean protein, and high calcium diet which incorporated 60 minutes of cardio per day. The last program

was extremely effective, and I lost 20 lbs in about 6 weeks with the addition of cardio exercise.

Q: Do you think it's easier for someone who is overweight to lose weight?

A: I believe it is a question of motivation and mental toughness rather than a question of how much one weighs at the beginning of any program.

Q: Some people say you have to reach rock bottom before you can make

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"The country clubs, the cars, the boats, your assets may be ample, but the best inheritance you can leave your kids is to be a good example."
.....

Barry Spilchuk



a change like losing weight. Do you agree? Was there a defining moment that propelled you toward your goal?

A: I do not agree with the rock bottom theory in my case. Being ready to lose the weight was not a matter of mustering up enough self-loathing to endure a diet program over time. Rather, I wanted to be a good role model for my daughter and teach her how to take care of herself physically, emotionally, and mentally. I needed to put my own body and mind in order first before I could ever teach her. My motivation was always positive. I also knew that there was an athlete inside of my overweight body and I wanted her to shine. So I began.

Q: How has your weight loss affected the others in your family? Have you motivated them to lose weight too?

A: My husband was a big guy when we married, and with our mutual love of cooking and eating, lack of exercise/fitness training, and multiple pregnancy “sympathy weight” which sometimes happens to men led to lots of unwanted poundage. In fact, he has lost 150 lbs; my father lost 100 lbs; and I have lost 100 lbs. We encouraged each other and that helped tremendously!

Q: How much does mental attitude contribute to weight loss? How were you able to change your attitude?

A: Mental attitude is everything. You have to be mentally ready to endure periods of

physical discomfort. Specifically, the first two weeks on any new nutrition program is very uncomfortable and you may feel hungry, grumpy and fatigued. Many people do not allow their bodies to adjust during the initial phase and give up because they feel so rotten. The mental part is knowing that the physical discomfort means the program is working! The body needs time to adjust, and you need to have faith that you will adjust and ultimately reach your goal if you stick with it.

Q: What was the hardest part for you when trying to lose the weight?

A: Allowing discomfort for the first two weeks of a new program. I was hungry and grumpy. In addition, it was a challenge at first to eat out or at events without fear of completely breaking a nutrition program that was working. You get to know your nutrition program well enough so that you can find appropriate things to eat almost anywhere without worry – and that includes parties, restaurants, and almost anywhere.

Q: What advice do you have for others who are where you used to be?

A: Make a decision. Be big and happy and as fit as possible and accept yourself as you are if you like. There is nothing wrong with that if that is the way you choose to live your life. It is not for me to judge. If you, however, want to reap the benefits of being physically and emotionally fit, as the rock of your family, and a role model for your kids, begin the process of eating real food and get your body moving.

Q: When did you start running and why?

A: I started running two and a half years ago for two reasons: 1) I was doing one hour of cardio per day with walk/jogs and the elliptical trainer and I felt I had reached my potential with lower intensity exercises and 2) my very good friend, who is a phenomenal runner, told me I might be good at it. I believed him and gave it a try.



Q: How did you get started running?

A: My friend suggested I try it and I signed up for a local 5K and ended up walking half of it because I had no idea how to prepare or train. Halfway through, however, I got emotional and started to cry. After being so obese for so long, I never thought I would reclaim my inner athlete and be fit ever again. I thought of all the obstacles I had overcome and all the encouragement I received to get to that 5k. At that moment with tears streaming down my face, I made a promise to myself that I would run a half marathon the next year at the same event. By the next year at that same event, I had run several more 5K's, 10K's, a half marathon and completed my first full marathon. I ran my first sub 2 hour half marathon on my one year anniversary of my first 5K. I never thought I could do anything like that, but I was hooked and still am. Running changed my life.

Q: How has running transformed your life?

A: Running has transformed me physically, mentally and emotionally in ways I could have never imagined. I am much more confident and energetic than I ever thought I could be. After running a couple marathons, you figure there isn't much you can't handle. As far as energy is concerned, I have more physical and emotional energy to live life to the fullest and that is what I intend to do. I am a much better wife and mother because being physically, mentally, and emotionally fit makes me a solid partner, good support

person, and a role model for my daughter.

Q: Speaking of being a role model for your daughter, I understand that you earned your PhD degree in the midst of training for a marathon, being a mom, and working full time. You must have felt great walking across the stage to receive your diploma.

A: It was a special day for my daughter to see that women can do what they set their mind to and setting examples for their kids, which is what this magazine is all about. It is important to note that several friends of mine who finished their PhDs are marathon runners. I don't think that is a coincidence at all. Perhaps those disciplines attract a sick sort of individual (entirely possible) or that they are somehow related. I know I could not have finished the dissertation without the marathon and vice versa. This is just another dimension of how running has changed my life and strengthened my body, mind, spirit, resolve, and the ability to endure long and difficult things relying on myself like I never imagined possible.

Q: You work, have a family, and run among other things. How do you fit it all in?

A: I get up really early – around 4 AM to get my run in. It's tough, but when it's done I



know the toughest part of the day is behind me, and I am more confident and feel accomplished before I begin the day's work and family obligations.

Q: What does your training consist of? (gym, outside running, weights, yoga, group running, run alone...)

A: I lift weights (upper and lower body) and do core conditioning 3 days per week. I run 3 days per week with 3 key workouts: 1) track speed workout; 2) mid-length tempo run; and 3) long run within 1 minute of marathon pace. I do yoga on Sundays for rest and to stretch and keep flexible after my Saturday long run. Yoga helps me prepare physically and mentally for the challenges of the week ahead. I generally train alone.

Q: What is your favorite part of running?

A: I love the feeling that my body and my

mind are completely in sync – that is the high! I think all runners chase it, and it happens rarely, but it is worth the effort every time you lace up your shoes. I also like the camaraderie of other runners. We may not run together pace-wise, but sharing what running means to you and encouraging other runners is wonderful. It's nice to know that others are out there.

Q: What setbacks have you had in running? How did you get through? How do you deal with injuries? How do you keep upbeat?

A: I've pushed hard over a short period of time, so I've had a number of injuries. I ripped an adductor in my right thigh due to poor running form while training for my first marathon. I did a lot of physical therapy and adjusted my training, and I made it through with a decent time for a beginner of my age! I sprained my ankle in the parking lot at work for no particular reason other than klutziness before my second marathon and my time suffered because I had to cut back on the training due to the injury. I am now out this fall marathon season due to a stress fracture in my right heel. So I am doing lots of weight training, core conditioning, and strength intervals on the bike to keep fit while it heals. I plan to come back strong and continue to pursue my goals. I keep upbeat by staying connected with my running friends and offering each other encouragement during the tough training times.

Q: Do you ever have days where you lose motivation? Maybe you went to a party and made poor food choices or had a busy weekend and didn't have time to workout? Do you allow backslides to derail you? If not, how do you get back on the horse? What kind of self-talk do you engage in?

A: Of course! If you expect perfection you will not succeed – health and fitness are not all-or-nothing prospects. It is about resilience and good choices over time. There is no one day that will make or break you. The best thing to do if you make poor choices on any given day is to FORGET IT! Get up the next morning and get back to the good habits that work. Berating yourself will wear you down, not build you up. If you are worn down, you will not be mentally strong enough to be resilient and shake off imperfect choices. Tomorrow is a new day, and the perfect time to try again. Get out of your head about mistakes and show up the next day for your training and eat as well as you can. You will succeed.

Q: What is your biggest running accomplishment?

A: Sticking with it and keeping the fire burning to run better, faster, and stronger. Running is not easy and wanting to improve requires something special inside you to move forward with guts and heart. I've had some setbacks, but it's still there stronger than ever. That's an accomplishment in my book!

Q: What are your future running goals?

A: A Boston Marathon qualification, of course, and to have an injury free marathon training cycle. I want to stay connected with friends and realize whatever potential I may have in this sport. I am still looking for the limit!



Pick a Peck of Pickled...

One of my favorite things to do is shop at our local farmer's market. I'm lucky enough to have one within walking distance of our home. At my last visit, I went shopping with pickling in mind. I've always wanted to do some pickling but have always been a little scared. I was so surprised to find out how easy it was! Here's what I came home with after my farmer's market trip.

“Those who think they have no time for healthy eating, will sooner or later have to find time for illness.”

Edward Stanley

PICKLING CUCUMBERS, OKRA and SWEET CORN ON THE COB



Instead of going through the canning process, I decided to go the easy route and make refrigerator pickles. Here's what you need:

- Medium size airtight jars. I purchased mine at Crate & Barrel, but you can get them anywhere.
- Pickling cucumbers (enough to fill half the jar)
- Whole okra

- Distilled white vinegar
- Kosher salt
- Sugar
- Ground mustard seed
- Fresh dill
- Whole peppercorns
- Red Pepper flakes

Make sure to wash the jars well. I boiled a big pot of water and submerged my jars into the boiling hot water. Next fill your jars with sliced cucumbers and okra. Here's what it should look like:



I made a large pickling base to split amongst each jar. Then I added the different spices after the pickling juice was added.

Pickling Base:

- 3 cups distilled white vinegar
- 3 tablespoons kosher salt
- 2 tablespoons sugar
- 2 tablespoons mustard seed

Bring mixture to medium-high heat until salt and sugar are dissolved. Divide the mixture evenly among the jars. Add your spices and top each jar off with water, seal and refrigerate. Pickles will be ready to enjoy the next day.

Spicy Pickles... with 10 sprigs of dill, one tablespoon whole peppercorns, and 2 tablespoons red pepper flakes.

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 Estela Schnelle is a Registered Dietitian & Nutritionist. She is a mother and a runner. You can read her daily blog about nutrition, motherhood, food, and fitness at www.weeklybite.com.



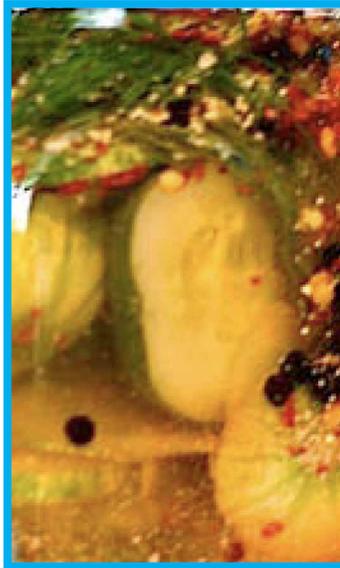
Pickled okra... 1 tablespoon whole peppercorns, 12 sprigs dill...



Dill Pickles... 12 sprigs of dill, 2 tablespoons peppercorns, 1 tablespoon kosher salt.



Spicy!



Okra

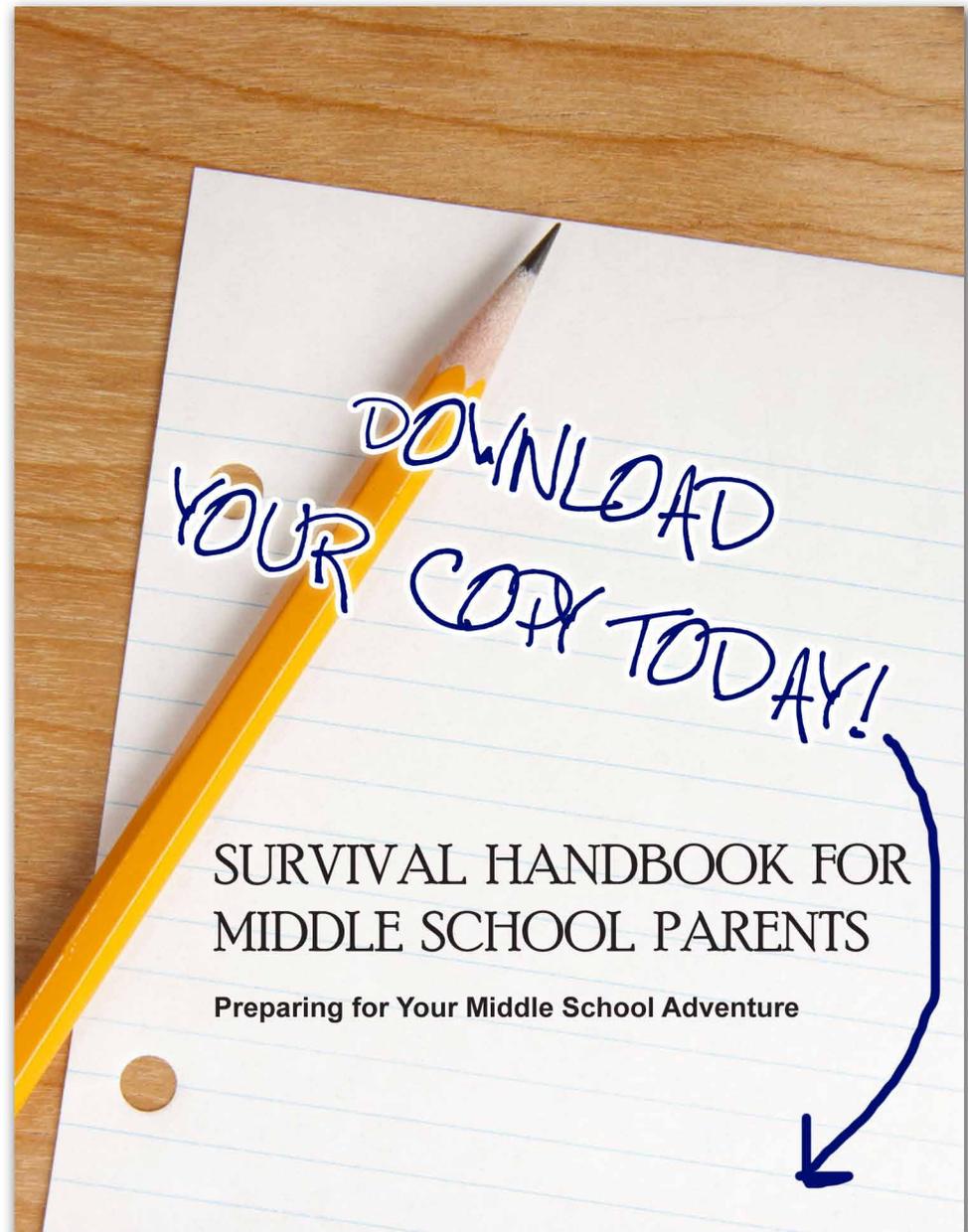


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“Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it.”

Lou Holtz

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www.middleschoolroadmap.com

Speeding

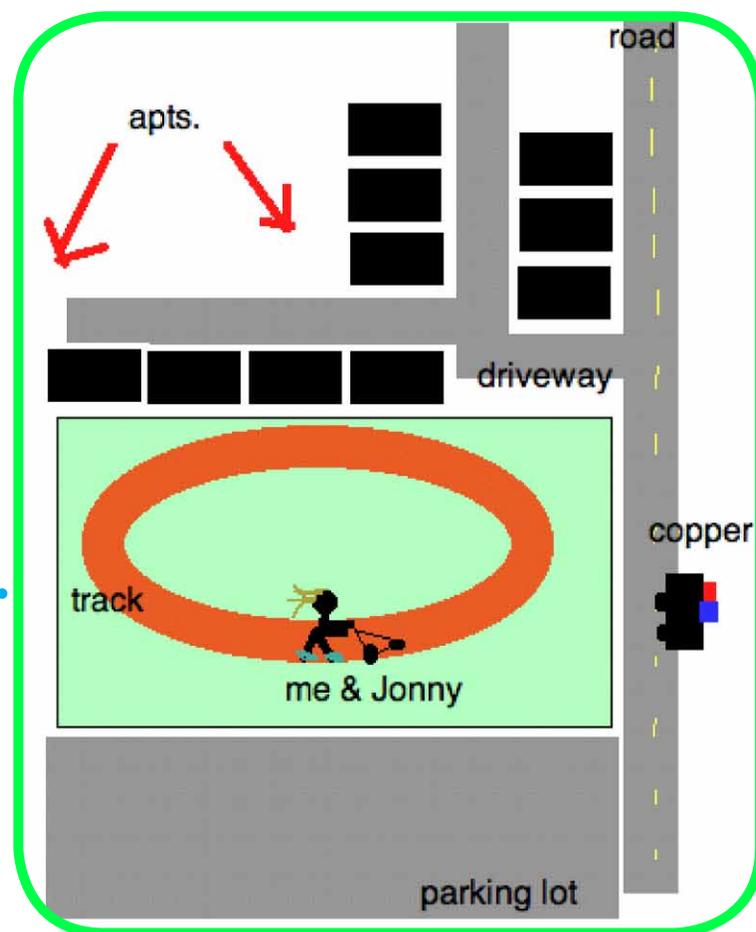
“Any mother could perform the jobs of several air-traffic controllers with ease.”

Lisa Alther

Yesterday on my schedule was the last track workout I have planned before my half-marathon. It was pretty decent with 4x1600's, 800 recoveries and a warm up/cool down to equal 8 miles. I knew that in order to get it done in time for my husband, Dan, to get off to work, I'd need to be out of the house around 4:30ish. No worries.

Well, Jonny, my 5 month old son, didn't agree. He woke up at 3am wanting to nurse and then play. So, I did what was logical... loaded him up in Steppy (the single stroller) and headed out the door about 3:45am (I took my sweet time getting ready). By the time we got to the track he was, of course, super sound asleep again (who in their right mind gets up that early?!) so I decided he'd be safe on the sidelines while I did my 1600's.

The first one went by without any trouble. 7:24. A little slower than I'd like, but I seem to run more slowly in the dark. I picked up Jonny and the stroller for the 800 recovery and then decided to keep him with me for #2. I managed a faster split at 7:22, but really didn't enjoy not being able to use my arms. So after another 800 easy, I decided to dump, I mean park him gently, along side the track again. #3 6:52.... whoo hooo, I was feeling much more speedy without the stroller and since it was getting lighter. I grabbed the kiddo for another 800 recovery. About that time, I saw this nice little policeman car driving slowly down the road absolutely checking us out. (See 1st figure to the right.)



“I knew that in order to get it done in time for my husband, Dan, to get off to work, I'd need to be out of the house around 4:30ish.”

I figured he was just scoping out the track, seeing what was going on. He then pulled into the driveway of the apartment complex and we went on our merry little way. Anxious to get the workout done, and done quickly, I again sidelined Jonny and took off on my final 1600. Well, 100 meters into the first lap, Mr. Policeman was back again, this time sitting directly in front of me, and as I rounded the corner, he started flashing his lights. Why? Was I speeding?! Ha ha.

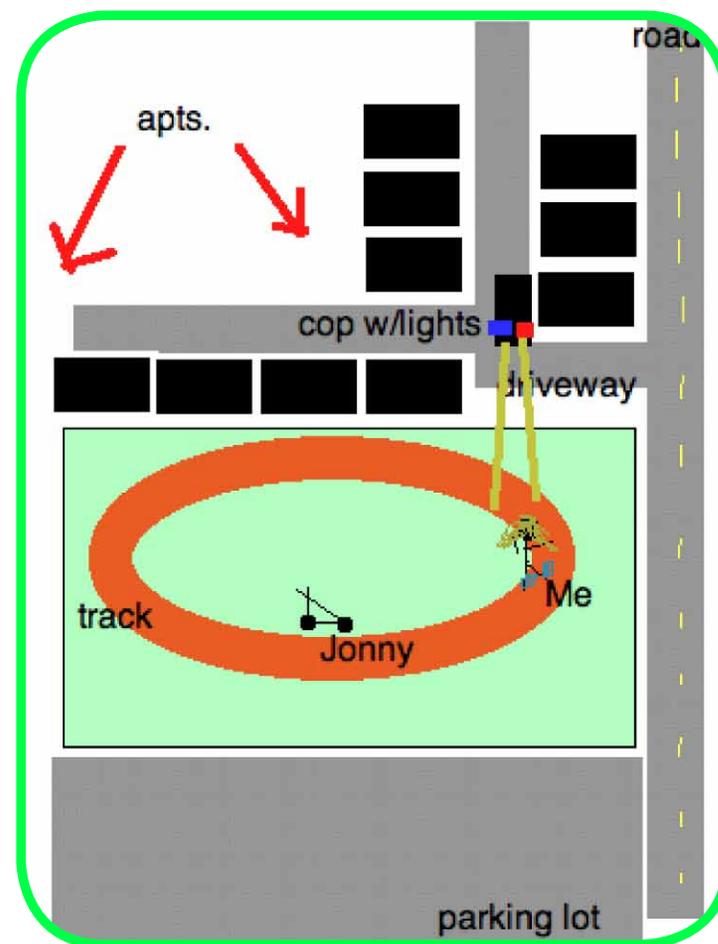
I thought about waving, then I thought about waving with just one finger, then I realized, not only am I running on a track that technically doesn't open for another 2 hours, but I've left my child abandoned on the side of it while I gallivant around it in the wee hours of the morning. Talk about borderline neglect! So, I decided not to provoke Mr. Flash his lights in my face policeman and I just ran a little faster. He eventually lost interest in me (or maybe the bad guys hiding in the bushes by me?) and left us alone. Final 1600: 6:50.

So, that was it. I didn't get in trouble for speeding, or trespassing, or even abandonment/neglect but I did decide maybe 4am is just a bit too early for a track workout... although it was nice to have the track all to myself!

"I realized, not only am I running on a track that technically doesn't open for another 2 hours, but I've left my child abandoned on the side of it while I gallivant around it in the wee hours of the morning."



Laurie is a stay-at-home mom with four very active kids, 2 girls and 2 boys aged 6 months to 6 ½ years. She shares her joys and frustrations of running with a family, on her blog, *The (Mis)Adventures of a Jogging-Stroller Mom* (<http://lauriehiggins.blogspot.com>). When she isn't busy running after her little ones, Laurie runs just for fun. She just raced first half-marathon and if all goes well will be running her first full marathon in Eugene, OR, Spring 2011.



Lose the Wait

I talk big, but I plan even bigger. I'm one for making lists and then compiling those lists into endless folders of ideas and to-do's that usually wind up as to-don'ts because I have way too many and I get overwhelmed.

I have fallen into this

pattern in several facets of my life, but one in particular is about to change... no really, it is this time.

I recently started reading Eckhart Tolle's *The Power of Now* and have found a great deal of wisdom that is applicable to my life in the now.

My mind is in a constant state of motion and lately it's been nearly unbearable. I find myself overwhelmed by the simplest tasks because I can't seem to lasso my thoughts in. I am in shut-down mode as a form of self-preservation and I don't like it. Where once I was excited by possibilities and choices, I am now paralyzed by them. I am depleted.

I talked before about being one of those people, the ones who have chemical imbalances and require medication to help them feel even. I have been a guinea pig this summer, a virtual cocktail of anti-anxiety meds being fed to me in the hopes that one will click. I have high hopes that I've found that magic pill and even higher hopes that it will even me out enough to start to be excited about the things that I find debilitating now.

I thought I could do it on my own – fix myself. But I realize I can't. Part of me feels weak, for not being able to heal myself, but I think the true weakness is not being able to admit my needs, not faults, but needs. I need something to balance my brain.

That said, I am ready to embark on my journey to lose the wait that has been slowing me down for so long. I am ready to shed this false sense of self that I have been holding onto and come back to my true Being.

What is the greatest obstacle to experiencing this reality? Identification with your mind, which causes thought to become compulsive. Not to be able to stop thinking is a dreadful affliction, but we

don't realize this because almost everyone is suffering from it, so it is considered normal. This incessant mental noise prevents you from finding that realm of inner stillness that is inseparable from Being. It also creates a false mind-made self that casts a shadow of fear and suffering.

-Eckhart Tolle – The Power of Now

I have to let go of my mind – become out of my mind (ironic, considering I feel like I'm already there). When I am able to do that, then I will be so much closer to who I really am and not the person I have allowed to slow me down by creating some "mind-made self".

I have plans, not lists. Plans to learn to be present in the now, not in the how it might be, or how I'm afraid it might be. I've learned the hard way (and am still learning) that thoughts like that do little to propel me forward, rather they stall me out.

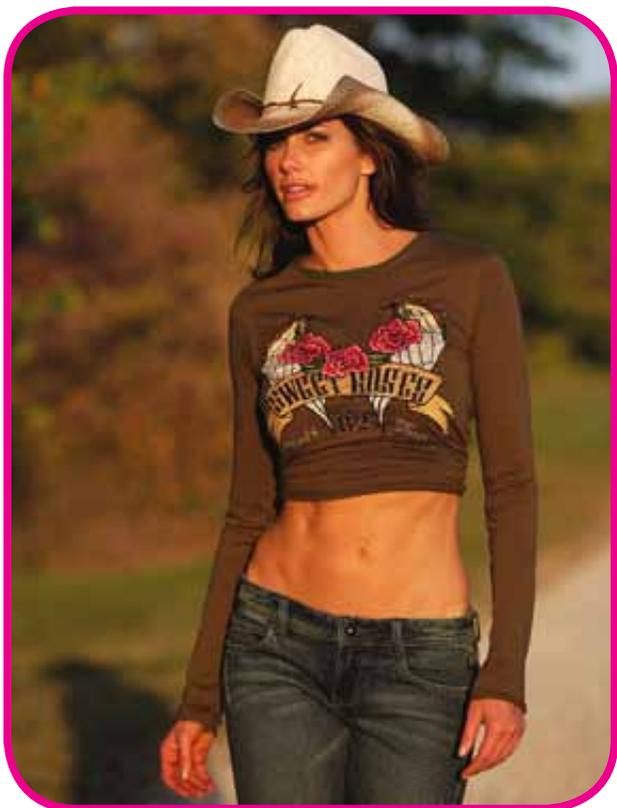
Life's too short to wait for things to happen. I'm ready to make them happen. And if I need a little medication to help put me on the right track, then so be it.

It's time to jump start the rest of my life and lose the wait because life is going to go on around me whether I jump in or not.

Michelle is the mother of two very active boys, one with Tourette Syndrome, both with attitude served up daily. When she's not mothering, she's writing. You can read more at her blog Moxie Momma (www.moxiemomma.com). She has just finished her first book *He's Not Broken: A Mother's Journey to Acceptance* and hopes to have it published soon. In addition, with the little energy she has left to spare, she has begun training for her first full marathon that will take place in her hometown of Savannah, GA in Fall 2011.



Survival of the Running Mom



For Danni Boatwright, being the grand prize winner on “Survivor – Guatemala: Maya Empire” must have seemed easy compared to her life today where she juggles being a wife, a mom, and an athlete. She is married to Kansas City Chief’s center, Casey Wiegman. The two have a son and are expecting their second very soon. She is a spokeswoman for Coleman and Trackstick, and she hosts “Inside Sports” on Versus Network. On top of it all, this mother can run!

Q: You have one child who is 3 years old, and you have one on the way. How do you

manage to fit working out into your schedule? When do you find time to run?

A: I make running a top priority because it makes me feel so good, and I enjoy it so much. I think when you do things that make you feel good about yourself; it makes you a better parent. I have the most wonderful neighborhood. We all take turns watching each other’s kids. They know how much I love to run, and with Casey, my husband, (center for the Kansas City Chiefs football team) being gone so much, they all help me out watching my son for an hour or whatever. They help quite a bit, and at the gym there’s childcare as well. I find time to run whenever I can fit it in. I usually try working out in the morning, but it depends what time my son wakes up and the other thing is when you’re pregnant, it depends on how you feel. So I don’t really have a set time. I have to be flexible.

Q: You’re currently 7 months pregnant. Are you still able to run? Have you needed to make any adjustments to your training schedule to accommodate your growing baby?

A: I try to run 5 miles a day still. Yesterday I could only do four and a half. It’s a run/walk at this point. I’m running a little more than I’m walking. Some days I can run the whole way, but I have to stop and pee all the time -- I’d say about every two minutes. The school secretaries know me well. The CVS

pharmacy knows me well. I run in all the time to use the restroom. Being pregnant, I have to make sure I’m not off the trail too much so I can stop if I have to. When I’m running sprints at the track sometimes I go over behind the bleachers when there’s nobody around. I have made other adjustments too. Obviously I don’t run as fast. I have been slowing it down and not getting my heart rate too high. I don’t wear a heart rate monitor. I just go by how I feel. Plus I’m not doing sprints right now. I usually go for a nice jog, nothing really fun right now, just a flat course.

Q: Did you run throughout your first pregnancy?

A: They say if you’ve been running and you aren’t having any complications it’s fine to run during pregnancy. With my son, I ran up until I went into labor. I went out for a run and about five, maybe 10 minutes after I was done running, I started having contractions.

Q: Do you think running while pregnant made it easier to lose your baby weight?

A: I would have hated to see the amount of weight I would have gained had I not been active! I gained 56 pounds! I ate everything in sight. I have a big appetite anyway. I had just finished with Survivor, so I was really enjoying my food! Now I’ve been watching what I eat better. This time

I started out at 125 pounds, and the last time I was at 118. After I had the baby, I lost the extra weight right away. He was a big baby too – 9 pounds!

Q: What are your running plans after the pregnancy?

A: As soon as I get the go-ahead from the doctor, I cannot wait to just run as hard as I can. I'm ready to start training hard core once again. I can't wait to get back into running marathons.

Q: How many marathons have you done?

A: I have just run one full marathon. I did the Nashville Marathon. I did it in 3:20. It was a lot of fun. I was surprised how much fun it was.

Q: Do you usually run shorter races?

A: I've run since I was four. I come from a family of runners, and actually my brother still holds the state record for the 2 miler that he set in 1985. My mom was a big runner. I ran the Ground Hog Day Run in Kansas City, one of my first races. I think I was 7. I did run the Junior Olympics at age 5. I've run my entire life. Every little run I could get involved in, I did - 10Ks and up, but I prefer longer distances.

Q: Are your mom and brother the people who got you in to running?

A: Definitely my mom got me in to running

because she was such a big runner. To get us out of the house she would take us to the track and now that's what I do with my son. I love it because I think it's so important to establish good habits for kids to get them to be active. They want to do what mom or dad does. With my mom we started hanging out at the track and being goofy, and it was fun. My mom definitely got us involved in it. Then she used to drive behind my brother with the car when it was at night and he had to do training. One day I said, "I want to go too." I was about five years old. My mom said that I couldn't, but my brother told her to let me go. I ran a whole mile by myself. So they knew they had a little runner on their hands. That is definitely where I found the love to run, but I'm so glad because of all the health benefits. I have so many friends who want to start running. They've just had babies, and they've never been athletes. They want to start so they get out there and walk, find comfortable shoes, jog and walk, extend the jogging and go a little further. They get addicted to it, and they can't stop. It's great!

Q: What other training do you do now? (weights, cycling, yoga, etc.)

A: I mix it up. I do a little of everything. I take spin classes, circuit training classes, total conditioning classes, and I'm also big into boxing. There are bags. We go in and hit. We go in the ring. It's fun to switch it up.

Q: What motivates you to run? Is it to stay in shape or to get clarity of mind or something else?

A: I think it's everything. I definitely want to stay in shape. I always ask my little boy, "Why does Mommy run?" And he says, "To look pretty for Dad." I think it's important to stay attractive for my husband. I think I feel better if I look better. Obviously, I want to stay in shape, but now with a family it's important to stay healthy. That's the top priority to



Danni 7 months pregnant and running

stay healthy. It releases all those endorphins that make you feel so good. I think if everyone could get a hold of the drug of running, it would be amazing! I love how much it helps you with keeping a sound mind.

Q: I'm sure nutrition is very important to you to not only maintain your gorgeous figure, but to nourish your baby. What do you think is more important to maintain great shape: exercise or nutrition? Do you think they are equally important or is one more significant than the other?

A: Exercise! Obviously I could run all I want but I'm still going to have cellulite on my butt if I don't watch what I eat. But I love food, and I, for the most part, try to eat healthy, but I love cinnamon rolls and sweets. I have at it sometimes. I'm not going to lie. I try to have a big splurge once a week. In fact, before I left the house I grabbed a big handful of M & M's. Sometimes I think I have to run extra hard because of what I've been eating. I keep a consistent workout. When I'm pregnant I work out 5 days a week. Otherwise I work out 6 days a week. Every day I run my dog. So I'm keeping active every day. Since I keep such a consistent workout schedule, I don't have to stress out too much about what I eat because I know I'm burning it off.

Q: I'm sure in the modeling industry you've seen excessive fitness regimes and unhealthy dieting. What is your advice to women about diet and exercise?

A: When I was modeling it's when the waif was really popular, and sometimes I would lose jobs because I wasn't thin enough. And I was very thin and healthy. I thought, well if you don't want to book me because I'm not thin enough then it's just not worth it. It wasn't that important to me. You have to appreciate the body type you were given and work with it. Not everybody's going to be stick thin. People have shorter legs, some have longer legs. You have to deal with what you have. Everybody can have a beautiful figure that you're happy with as long as you work with it. Try to eat a healthy and balanced diet and work out. I think sometimes women set unrealistic expectations on themselves. I think it's because



society does that. It's sad because sometimes you can beat yourself up over something like that. For example, I have a butt. When I came home from Survivor I weighed 96 pounds, but I still had a fleshy little butt. It's what I have. I have bigger hips. They're not huge, but some of those girls I modeled with had those tiny little boy hips, and I'm never going to be that no matter what. I had to learn that I had to do a lot of squats to keep it under control.

Q: You've been a beauty queen, model, television competitor, sports personality, spokesperson, mother and runner. To what do you attribute all of your success?

A: Discipline first of all because I don't think without the discipline, as competitive as I am that I could have ever handled that success. Second of all, my family has helped me. I have an awesome mom and family. When I speak to youth groups or schools I try to tell them we're all made for greatness and not everyone will have the home life that they want but you can find a role model – a neighbor, a friend, a friend's parents that can encourage you and get you on the right track and be behind you 100%. So don't ever get discouraged from your dream. You may not have all the tools right there from your family, but if you want something bad enough, you'll find a way to get it.

Q: Having been on the reality TV show, Survivor, how accurate is it? Do the producers "produce" any extra drama based

on feelings that they hear contestants talk about?

A: They don't produce extra drama on Survivor. I know that before I went on, the casting director told me they were a really legit show. They give you fair edit. Because of all the extra footage they have, they have to edit out a lot of stuff. They made me look a little quieter than I am because I'm not quiet. Because I knew to keep my mouth shut at the right time, I knew not to create controversy. I didn't get shown as much. And so they'd edit stuff like that. They gave everybody a true edit. It looks like maybe more drama than when we were out there experiencing the game because they have to edit it down to one piece. The only thing that they tampered with was we had this one challenge – the basketball challenge. They said the first team to 10 will win, and we won 10-3 in this game. Well when we saw this episode, we heard Jeff saying, "The first team to 5 wins." And I thought, "Wait a second! We played to 10." Because we beat them so bad, they had to make it look closer than it was. They don't mess around with other stuff. With money on the line it's against the law.

Q: Do you see a connection between everyday life and life on Survivor?

A: Yes, I think just as far as the social aspect of it – it's to the extreme because of the harsh conditions. You have to deal and work with people. Some have a different personality. Some may be difficult to work with. In life you want to be successful in a particular job or career. You have to do that on the show and in real life. Not everybody's like you so you have to understand that.

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"To be pregnant is to be vitally alive, thoroughly woman, and undoubtedly inhabited."
.....

Anne Buchanan

Q: Do you consider yourself a pioneer as a woman in sports TV? Sports television is predominantly a male area. How has that experience been for you?

A: There are so many women getting involved with sports now that I think we've broken through that glass ceiling effect. With so many women in the field men really respect them and realize that they do know their game. I never ran into any problems with men having a problem with me being on radio or TV. Whether they've said it behind

my back or not, I don't know. I think the fact that I've had so many brothers (seven brothers – five older and two younger), if they did give me a hard time, I would be use to it.

Q: What are your future goals?

A: My career is on the back burner because of my husband's job – he makes way more money than me. We've had to move around for him, where I haven't been able to pursue my career. I put my career on the back burner and I'm fine with supporting my husband and going to his games. It's a joy being a mom and being at home. We get out and do

stuff every day. We have fun. I've accomplished so much in my life that I don't get too down or think I'm missing out on anything. The greatest job is definitely being a parent. No comparison. Once my husband retires, I will pursue my career. Now I'm hosting a show called "Inside Sports" in Dallas. It's just getting off the ground. I only have to go down there once a week. We are launching September 23 on Versus Network.



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Name: Danni Boatwright

Favorite running song and the artist/band - "One Shining Moment" by Luther Van Dross

Favorite time of day to run - Morning is best but anytime I can fit it in works!

Average miles per run - 6 miles when not pregnant

How do you prefer to train?

- alone for sure!
- with a partner
- in a group

Most scenic place you've ever run - in the jungle of Guatemala to get away from the chaos...They had parameters where you could go, and there was security so it was safe.

Where do you usually run?

- treadmill
- outside

Favorite running gadget or gear - my iPod

What do you do while running?

- listen to music
- watch TV
- talk
- think

Why did you start running?

- to get in shape
- to get back to pre-pregnancy weight
- for fun I was so young
- for sport
- other

Favorite race distance

- 5K 1/2 marathon other
- 10K marathon

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“The body does not want you to do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. You must handle the pain with strategy...It is not age; it is not diet. It is the will to succeed.”
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Jacqueline Gareau, 1980 Boston Marathon Champ
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This Mother Can Run