

## **I Run Rocklin and Beyond**

### **Spotlight Interview: Deb Harrer**

We tracked Deb down from our October Survey... she replied that she had run every single year of the Run Rocklin race! We had to get to know her better...

**Background information:** Deb Harrer 54 husband, Bill, daughter Sarah Brown, son-in-law Rob Brown, grandkids Sam, Ben and Claire, son Will Harrer, daughter-in-law Krys Harrer, grandkids Cooper and Taylor, son Tom Harrer. My son, Tom is also a runner, and went to William Jessup University on a cross country scholarship. I'm not a fast runner, but I love it all the same. I've run 4 marathons, the first in 1999 Avenue of the Giants. The other 3 marathons were all the CIM. Best time, 4:11. My first CIM was in 2001, I ran in 30 mpg winds with gusts topping 50mph and rain going sideways. That one took me 4:35 to finish. I most enjoy half marathons. The most recent half I did was the American River Parkway in May, 2009. I'd love to see a half marathon done in Rocklin.

**When did you start running and why?** I started running 24 years ago to lose weight after putting on 80 pounds in my pregnancy with my youngest son Tom. He was a 10 lb 7oz baby!

**How many years have you participated in the Run Rocklin event?** I've run every annual Run Rocklin event.

**Do you usually run alone or with partners / group and why.** I usually run alone, because I run during lunchtime at work. I work downtown, so I get to run through Old Sac, down to the parkway...about 1/2 mile or so, then back. I really like it, except for the wooden sidewalks that are pretty knotty and have big bolts that hold the wooden planks in place. I keep expecting to catch a toe and have a spectacular crash...it hasn't happened yet, but I'm afraid it is just a matter of time. I have a great running/walking partner for weekends.

**Other than running, do you cross-train?** Yes I do jazzercise 2 - 3 days a week for weight training and some bicycle riding - non competitive and power walking.

**What is your favorite running route?** Rawhide and Clover Valley Loop with many of the cul-de-sacs. I start at my house, on Rawhide and run to the end of Rawhide, then up Clover Valley. I love the downhill stretch between Creekwood and Midas. The loop I do is about 3.5 miles. If I add an up and down on Creekwood, it is nearly 4 miles.

**If by chance your run includes a challenging hill, how do you motivate yourself to get to the other side?** My run starts with a little climb, but it isn't a big hill.

**Who would you like to most like to run with?** Can be anybody - runner or not! My best friend, Bernie Wyatt.

**What is your 'power' food or meal?** I like to have yogurt and raisins before a run.

**Do you have any advice to a person that just began running?** Take it one day at a time. I never would have imagined that I would be running for 24 years. But every day, my goal is to try to run...just for that day.