



Meet Kathleen (Monica) Forsyth!

Run Rocklin likes to interview randomly and we found Kathleen in our group of Facebook friends... it was the t-shirt that caught our eye! We are so happy to interview another enthusiastic Run Rocklin family member. Thank you to Kathleen for taking the time to participate. Read on...

Name / Age / Family members (a little background information)

Hello, my name is Monica Kathleen Forsyth, but I never liked the name Monica, so I have always gone by Kathleen. I am 46 years old and have been married for over 26 years to the same man. I have 3 children, my daughter Shandra 25 years old, my son Jeremy 22 years and my nephew Joshua 25 that I raised when he turned 9 when my sister was killed. I work as a Rural Mail Carrier in Antelope for the U.S. Postal Service. I have been delivering mail for over 17years now. I enjoy people and enjoy my job a lot.

When did you start running and why?

I really don't know how long I have been running but I remember walking at the Foothill High school with the kids at the track for over 20 years. Eventually I started jogging some of those laps and those laps turned into miles. I guess I like the idea of trying to stay fit somehow and I do worry about things like Diabetes, which runs in my family.

How many years have you participated in the Run Rocklin event?

This will be my 5th year in a row running the 12K Run Rocklin Race. I have a friend, Laurie Hansen, that just started running with me last year and will be running the 12K Run Rocklin with me this year for the first time.

Do you usually run alone or with partners / group and why.

I run both by myself and with others if we can all get together at the same time. It always seems to go better if I have someone with me running. I either push them or they push me to go just a little further if one of us doesn't feel motivated enough to go the full distance. I like the "team work" method the best. Times goes by a lot faster and you feel great when you know you have completed a great workout.

Other than running, do you cross-train?

I do ride a road bike and have a mountain bike I used on a mountain bike run. It was fun until I couldn't get out of my clips on a hill and fell and cut open my elbow. I prefer to ride my road bike on distances from 30 to 50+ miles. I also exercise on an elliptical and stair climber to train other muscle groups.

What is your favorite running route (preferably in Rocklin for this issue) - describe the distance and the streets.

I don't really have any favorite running routes, I go where I can. Usually at the high school track or in Roseville on this little trail of hills from Sierra College to Harding Blvd. 3 miles up and 3 miles back. I do love the 12K Run Rocklin race the best out of all the races I have done. It has plenty of hills and some of them are quite a doosie!! The atmosphere of the people and runners make this a very wonderful experience every time.

If by chance your run includes a challenging hill, how do you motivate yourself to get to the other side?

If I find myself going up a nasty challenging hill, I hope that some jammin' song is playing on my iPod. If that's not the case I tend to think of the song, "The Climb", by Miley Cyrus. I love that song and it inspires me to keep going.

Who would you like to most like to run with? Can be anybody - runner or not!

If I could run with anyone, it would be Karen Winholt. She is my "hero". She is my age and has run over 20 marathons and several ultras. I am inspired by that gal! She is one reason why I will run my first Marathon this year, even if it kills me!! (I hope it doesn't though!!)

What is your 'power' food or meal?

I really prefer to eat a nice bowl of oatmeal before a race along with a whole wheat grain muffin.

Do you have any advice to a person that just began running?

My advice to anyone just starting to run, take your time, don't get discouraged. Just start off slow, jog a little, walk a little and do this until you can jog a little more than you walk. Make sure you have water with you too. It's that first 5K Race that gets you jazzed though. All the people out there can actually get you motivated to get moving!!