

i Run Rocklin (and beyond) Interview: Chris Knorzer

Run Rocklin 12K Hall of Fame

Age 40

Family members: wife Patty (teacher at Rock Creek Elementary, Rocklin), daughter Sienna, (seventh grade Spring View M.S.), daughter Elle, (fourth grade Rock Creek Elementary), son Karver, (Rocklin preschool).

When did you start running and why?

I have been running since I was a freshman in high school when I went out for the XC team and fell in love with trail competitions. There is something simple and pure about running a race on a single track trail up and down hills, through streams and mud that allows you to put running purely in the moment. I ran through high school and also through college at CSU, Chico, competing in XC and Track.

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

I have run the Run Rocklin event four times I believe, the second time was when I set the course record, it helps to know the course mentally when you're running back through clover valley. You are able to continue to push that section, but it's best to leave just a little left in the tank.

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

I train primarily alone mostly because of time constraints. I have found that running an easy ten before work and then a run after work is a nice way to build in the fall for distance races like CIM. It does mean getting myself out of bed pretty early though.

Other than running, do you cross-train?

Cross training...no way. I only submit myself to cross training when I am injured and that usually means the road bike. Or chasing the kids around.

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

As a creature of habit I run the same streets almost every day. I start at Sonora Park, head towards Lone Tree Park, up to Stanford Ranch and then out towards Whitney H.S., then into Lincoln and up Twelve Bridges. On longer routes I will continue that route until I hit Sierra College blvd. or I will turn around in the appropriate spot to run a shorter run. Because I run out and back I can easily calculate the mileage and pretty much zone out on the run.

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

On the days that I continue the route that takes me up Twelve Bridges blvd. I get to about seven to eight miles into the run and have to run up the hills that lead up towards Catta Verde in Lincoln. Of course the benefit of running an out and back is that if you go up you get to come down, but the other benefit of getting to the top of the hill here is that when you get to the top, you can see across the valley. It's a nice view up there.

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

I have always thought it would be cool to have a live band playing while driving beside me while I was running. Maybe some Black Eyed Peas would be some good motivation.

What is your 'power' food or meal?

My power food is anything with hot sauce on it. I have at least ten different types of hot sauce in the fridge and pantry at home at any one time, from Tapitio to various chili pastes, you name it and I would love it. The hotter the better.

Any tips or tricks to encourage kids to start running?

It has got to be social, fun and the training should be individually based on a progression of running that reflects their fitness level. Emphasis should be on the intrinsic rewards and the smaller steps and benchmarks in the training; those are what should be celebrated. Jumping into a stream or pool at the end (or middle) of a long session is also a fun reward.

Run Rocklin sincerely thanks Chris for taking the time to answer the questions... we look forward to seeing him at the starting line.