

I Run Rocklin and Beyond Interview:

Meet Gordon Medd

Thank you for participating – we love to know more about our fans!

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

Gordon Medd, 47, married to Jayme, with two boys Chad 11 & Ty 14. We have lived in Rocklin for 18+ years and don't ever plan on leaving Rocklin. We love the community, the school system and the abundance of activities for our family and especially our boys. I love to be involved in Rocklin by coaching soccer and basketball, serving on the Rocklin Youth Soccer Board and participating in community events like "RUN ROCKLIN".

When did you start running and why?

I began running in elementary school back in Canada. Cross country was a great way to stay in shape for soccer and hockey.

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

I ran in the first ever Run Rocklin and a couple more since. Unfortunately when the race was run in March it was on the same weekend as soccer tryouts so I missed a few. Now that it is in April I don't plan on missing ever again.

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

Almost always run with someone else. I run early mornings (5:30am) during the week with a small group of friends. However, my favorite running is the running I do with my boys. I have always envisioned the day I would be able to run and enter races with my boys. It has been a dream come true in the past few years as we have run several races together. There is no better joy than doing the things you love with the people you love.

Other than running, do you cross-train?

Cross train, hmmm does that include floating in my pool during the summer? I do a little cross training at the gym. I enjoy spin classes but I much prefer running over other activities.

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

My new favorite route is one that my son Ty introduced me to. His cross country team at Granite Oaks does a run they call "Sunset to Granite". It starts at Granite Oaks school, goes up park, into Whitney Oaks then goes on the Granite trail and Sunset trail to the west side of Whitney Oaks. You reach a turnaround point then come all the way back. We extend it with a mile cool down

that includes a loop on Concord St. There are some awesome hills and the best part is my son loves it.

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

This is easy, I hate losing so I make sure I stay ahead of my son when we run hills. I won't be able to stay ahead of him for long so I enjoy it while I can.

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

I absolutely love running with my sons. However, the two runners who are the most inspiring to me who I would have loved to meet and run with are Eric Liddell (Chariots of Fire) and Steve Prefontaine. Unfortunately both men died at a young age. They did however leave their mark on the running world.

What is your 'power' food or meal?

I love grilled chicken on pasta. Throw in some sun-dried tomatoes, olives, artichoke hearts and cover it in a butter and parmesan cheese sauce. A little garlic bread and a salad and I am good to go!

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

Don't believe Born to Run! Get good shoes and proper clothing.

Enter a local 5k because the people you meet will motivate you to continue running and racing. The best part of running is the friends you make. Everything else is a bonus.