



Run Rocklin 'I Run Rocklin and Beyond' June Interview

Meet Julia Klemin...a runner's best friend giving support and encouragement to those around her!

Julia was nominated by running partner and friend Ally Fortune. If you know of someone that has contributed to the sport, acted as a source of inspiration or will make us laugh - contact us and give us the name! hayclan@sbcglobal.net

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

Julia Arroyo Klemin / 37/ Married 14 years to my best friend raising our two kids Mia (13) & Marc (10). Grew up in Roseville, graduated from Roseville High, attended Sac State worked at HP until 2004 have been a stay at home mom since then. I have lost 100 lbs in the past 3 years and although I am not the fastest, I AM A RUNNER J.

Q: When did you start running and why?

This question has two answers. I started running October 2008 as part of fitcix boot camp. However, I fell in love with running during the Thanksgiving vacation break from fitcix. I decided that I had worked so hard to get to 5 miles that I wanted to keep the momentum I went onto mapmyrun.com and found 5 mile loop in Aptos CA that runs along the ocean. The first day I ran that route I fell in love with running and knew that I would do this as long as my body is able.

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

2008, 2009, & 2010. Unfortunately I didn't run the event in 2010 due to a surgery but, I was there cheering on my running group friends.

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

I have no problem running solo but, I prefer running with people. I enjoy running with others because there is a certain level of intimacy that is shared when you share routes, races & experience with people.

Q: Other than running, do you cross-train?

Yes. I love to spin, TRX & swim laps during the hot summer days. I have also found a new addiction The Dailey Method. I like to mix it up and am always open to trying new things.

Q: Do you have a favorite past race memory, or running route that you would like to share with us?

Every ½ marathon I do is an emotional experience the feeling of empowerment of accomplishment is something that keeps me going. I never run to compete just to complete and I take great pride in completing a race simply because prior to 2008 I had never run before in my life. I have yet to not cry as I cross a finish line. My favorite route is the 5 mile loop in Aptos CA running along the ocean is refreshing.

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

I just BREATHE and keep going.

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

I would love to do a ½ marathon with my children. I get a lot of joy having them run 5Ks by my side J.

Q: What is your 'power' food or meal?

FRS, scoop of muscle milk and banana smoothie.

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

Don't give up, work through all the pain & obstacles and learn from every run/race. Set goals the feeling of accomplishment that you have when you meet your goals is what keeps you going.



Thank you to Julia Klemin for participating in the I Run Rocklin and Beyond interview. You are now officially a source of inspiration for the entire community! Keep on running...

Have a runner / walker to nominate? Please contact Kate Hay at hayclan@sbcglobal.net