



'i Run Rocklin and Beyond' May interview...

Meet Nick Heath –15th overall finisher in the 2010 Run Rocklin 12K

Thank you to Nick for participating in the 7th Annual Run Rocklin – and this interview!

A little background information... Nick Heath, 15 years old, soon to be 16 and get my license!! I have a little brother named Luke, and a big brother named Jackson, and my mom and dad. I have a dog named Mack, who i run with on some of my training runs... :)

When did you start running and why?

I started running back in 6th grade, after running countless miles in PE that year, and coming in with a relatively good time with my good friend Ryan McCormick. Then when in middle school I did x-country and was always toward the front of the pack in races, I knew running was my thing. By 8th grade I had my mile time around 5:40 and now i have it around 4:50, and I believe those first miles in PE class got me going with running.

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

This is my first year doing the Run Rocklin, and I had originally planned to just run this 12K slow, as just another training run with some of the girls on my track team. But when I got out to the start line, I knew I wanted to race it. I started out pretty well, hitting the first mile mark at 6:08, and from there I just kept racing...

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

It really depends on the day and what run it is. Mon-Fri I train with my track team, and xc team during xc season. My friend Ryan and I, being about the same speed, like to run together usually.

Other than running, do you cross-train?

I do go on bike rides occasionally, and swim laps at the gym once in a while

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

My absolute favorite run in Rocklin would be the Crest Trail Run, mostly because I've run that route so much, and have grown to love it.

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

My legs just carry me up hills. But I remember in 7th grade cross country there was this course that had a KILLER hill. And when I hit it, I just kept telling myself that the hill couldn't last forever and I would finish that race soon enough!!

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

I would like to run with Steve Prefontaine, the running legend, just to get a few tips on what I'm doing right in my running and what I could improve on.

What is your 'power' food or meal?

Well, the night before every race I make myself a power smoothie, with tons of stuff that's beneficial to you on race day. It's kind of a tradition. And for dinner the night before- PASTA!!!

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

My advice would be to always push through that pain that always comes when running your hardest. Because, just remember, no matter how much you're hurting in a race, the guy next to you is feeling that same pain. I would also say run consistently. It doesn't have to be every day if you're just starting out, but make sure you get your runs in! :)

Thank you again for participating in our interview! If you have a person in mind to nominate, please contact Kate Hay at hayclan@sbcglobal.net - Thank you!