



I WALK ROCKLIN AND BEYOND... MEET DORA AND DAWN, SISTERS WHO

RACE WALK. WE ARE VERY PLEASED TO INTERVIEW TWO SISTERS WHO SUPPORT EACH OTHER IN THE SPORT OF POWER WALKING. IF YOU THINK THAT THEY ARE OUT FOR A CASUAL STROLL... THINK AGAIN! THEY TACKLE HILLS, SERIOUS TRAINING DISTANCES AND MARATHONS ACROSS THE COUNTRY! READ ON -

Dora Harbour / age 52/ husband, Jack / children, Jenna 23, Kaitlin, 22 Riley 14, and Haley 11. I work part time as a nurse in the recovery room at Sutter Roseville Medical Center.

Dawn Bennett/ age 49/ husband, David/ children, Shane 21, Matthew 21, Jillian 18. I am a retired computer programmer, recent empty nester and thinking about my next career.-DB



WHEN DID YOU START RACE WALKING AND WHY?

I have been a jogger/runner since my teens and ran my first marathon in 1990. In recent years I began power walking with friend, Jeanne Steer, and sister, Dawn Bennett. I enjoy the social part of exercising with friends. We began a tradition 6 years ago of picking a marathon a year to travel to [it is always a destination, San Diego, Portland, Seattle, etc.] We enjoy a shared joy of walking/running distance together followed by much wine, chocolate, shopping and sightseeing. It is the entire experience that keeps us in the "hunt" for new destinations.

I have been jogging since my teens and have run many 5/10K's over the years but ran my first marathon 6 years ago. I began power walking/running after my sister's knee gave out at mile 6 of a 1/2 marathon in Huntington Beach. Of course she hobbled the rest of the way, no sag wagon for her, she wanted the surf board metal! No more running for her so I took up power walking (not as easy as it sounds) with some running. We train and travel together to destinations(San Diego, San Francisco, Portland, Seattle..) to eat, drink, shop and run/walk marathons. -DB



HOW MANY YEARS HAVE YOU PARTICIPATED IN THE RUN ROCKLIN EVENT?

Either me or my family have participated since 2004, My nephews Shane and Matt Bennett and their sister Jillian ran for Rocklin High so we liked to support the cause and make it a family fun run

Since it first began. My kids all ran XC for RHS so we like to support the community runs. DB



DO YOU USUALLY WALK ALONE OR WITH PARTNERS / GROUP AND WHY.

I usually walk with my sister or friend, / Good conversation makes the miles pass quicker

I walk most every morning with my 4 legged friends, Romeo & Scooter. Longer runs are with my sister, Dora and friend Jeanne. The miles fly by with lots of conversation. DB



OTHER THAN WALKING, DO YOU CROSS-TRAIN?

I enjoy other sports such as snow skiing, water-skiing/ and try and go to my local Curves, 2-3 times a week

I do yoga and strength training several times a week. DB



WHAT IS YOUR FAVORITE WALKING ROUTE (PREFERABLY IN ROCKLIN FOR THIS ISSUE) – DESCRIBE THE DISTANCE AND THE STREETS.

I do most of my walks in Rocklin both short and long distance. A favorite 10 miler is leaving my sister's home on Rawhide [close to Clover Valley] making a right on Midas, right on Whitney, right on Crest, right on Park and continue along the ridge to the water tower/ there is a park there for water. Return the same route. Both the bike lanes and sidewalks provide plenty of space. Another route involves hills, this route is 6 miles. Start from the parking lot of Starbucks [Park and Stanford Ranch Rd] walk up Park to the water tower turn around and walk back but turn left on Crest and right on Stanford Ranch Rd follow it down the hill by Rocklin High and back to the Starbucks [for a treat of course] I have walked these routes, early evenings and late nights. There is plenty of street lights.

My favorite 10 mile loop is from my house on Rawhide to the water tower on crest and back. DB



IF BY CHANCE YOUR WALK INCLUDES A CHALLENGING HILL, HOW DO YOU MOTIVATE YOURSELF TO GET TO THE OTHER SIDE?

I just put my shoulder into the hill and use my arms to help push me forward and not slow down or stop [whining sometimes helps]

I day dream. -DB



WHO WOULD YOU LIKE TO MOST LIKE TO WALK WITH? CAN BE ANYBODY – WALKER OR NOT!

I would love to be able to a mother /daughter walk 10k or 1/2 marathon with my 3 daughters, my sister and her daughter and my friend and her 2 daughters

This has been suggested to all our daughters, however a few have not bought into it yet but I will keep on working on them!

My girlfriends, we always have each other's backs, it's free therapy with a workout. -DB



WHAT IS YOUR 'POWER' FOOD OR MEAL?

Pasta and chicken the night before/ shot blocks every 3 miles when doing long walks and having a hard caramel candy as a treat when I start to ask myself "WHAT WAS I THINKING"

Pizza or pasta and beer the night before. -DB



CAN YOU TELL US MORE ABOUT THE RACE WALKING SPORT?

Power walking allows many people who may not be able to run any more the opportunity to still participate in doing distance runs both short and long. It also encourages new walkers the opportunity to compete as "athletes" and share a goal in achieving their personal accomplishments, something we all share in common.

Power walking/running isn't going to win you any races. But for most people it's about participation and how great it feels to support various charities and have a sense of accomplishment as you cross the finish line. -DB