

I did not begin running until my late 20's after years of negative self-talk around my lack of athletic abilities. I began with running to a driveway, walking to a driveway, and back and forth until I was finally able to run my first 5K without walking when I was 27; a year later I ran my first half marathon! After a few long breaks to have my babies, I was back in the saddle (or running shoes). In 2017 a friend finally convinced me to run my first Ragnar Michigan, which is how I found Run Muskegon. It took a bit to start making Wednesday night runs a regular occurrence when I didn't have a buddy since I have a bit of social anxiety, but I pushed myself out of my comfort zone and am so glad I did! With the camaraderie, encouragement, love, and support of my Run MKG family, I have gone from run a driveway-walk a driveway, to countless races, including two marathons and counting. It has also become a safe space and community for my kids and me to embrace our new normal when I became a single mama and still wanted to run with the club even on my nights with kids. I am excited to give back to the club that kind of held me together!