Staying Well at the U of L – July 2014

Sharon French, who is a Library Operations Specialist in the Library Technical Services area, stays well at the U of L by walking in marathons!

Recently, Sharon visited Disneyland to participate in the Tinkerbell Half marathon; her first 10km race.

Sharon told us that she loves walking and working towards a goal. Sharon has participated in other marathons, and uses them as a source of inspiration. She reports that if she is training for a marathon, she stays motivated and keeps going.

Sharon started walking by getting a new wardrobe. She reports that she started one step at a time and found using the Nike Running App helped her to track her pace, time, and distance. Sharon uses the app to post her walks on Facebook, where she receives support from family and friends. Sharon's dog Tippy was a great motivator for her, and helped her stay on track with her goal. Sharon reports that "he was always at the door to say, let's go mom, we have to walk!" Sharon received some guidance from a Facebook group for the Tinkerbell Half Marathon. Sharon also consulted a nutritionist who helped her to ensure she had the right amount of fuel to keep her going!

Sharon suggests that those wanting to start walking or running marathons should pick a marathon to train for, ensure they have the right footwear and outerwear, and map out some routes. The Nike Running App is also very useful, along with some good music to keep you going.

The Tinkerbell Half Marathon was Sharon's hardest race. Sharon was diagnosed with a chronic illness while preparing for the race, but she overcame it and completed the marathon! "At first I thought, I can't do a marathon when my body is sick! I proved that to be wrong. I kept thinking I'm going to prove to myself that I can do this, and I did!" Sharon reports that her greatest reward was enjoying Disneyland with her son and grandson following the marathon.

Sharon you are truly and inspiration, thank you for sharing how you stay well at the U of L!