

# Kristol C.

The #WhatARunnerLooksLike Wednesday series features everyday women runners and their real thoughts on running, their accomplishments, struggles and bodies. We created this series as a way to help ordinary women runners tell their extraordinary stories. We have been inspired by the stories of other women runners and received much strength to know that we are not alone in our struggles. Some interviews are silly, some are long, some are short, and some are profound. We hope you enjoy, and if you're interested in sharing your #WhatARunnerLooksLike story with us or know someone in your running circles that has an inspiring story to share, simply use this online [form](#) to submit your story.

This week's #WhatARunnerLooksLike Wednesday feature is Kristol from [@kris\\_nic\\_22](#).

## **Women's Running Community (WRC): What Made You Take Up Running?**

**Kristol (K):** What did make me start running...Maybe it was my competitive spirit, the new job I got at a running store or maybe I wanted to be a part of a group of people that just seemed genuinely happy all the time. I was at a point in my life where I wanted something different, I wanted to feel good inside and have a sense of accomplishment.

## **WRC: What Do You Love About Your Body?**

**K:** What I love about my body is that it has accomplished more than I ever imagine it would. I embrace who I am curves and all.

## **WRC: How Has Running Helped You**

## **Appreciate Your Body?**

**K:** WOW! Running made me have a different outlook about my body image. It made me appreciate it more and made me want to take better care of it. I started embracing all my curves and no longer was afraid of running in the streets where people could see me run. I even became comfortable wearing shorts to run. I no longer compared myself to the next person or wondered if someone was judging me.

## **WRC: How Has Running Helped You Physically, Mentally, Emotionally, and/or Generally In Your Life?**

**K:** Running made me reevaluate life. It became my solace, my Zen. I began running longer mile days with no music. The only music was the sound of the wind, cars , and the thoughts in my head. Miles of running became a reflection of my life. It was not always easy to get out and run but it was something I had to do just like the steps of my life. Running made my days go by faster and helped me have a positive outlook on life.

## **WRC: What Do You Think About When You're Running?**

**K:** A lot goes through my mind while running whether good or bad. Some days I question why I am running the first place. We all have bad days and sometimes I need to pep talk myself to keep it going. When you run outside with no music it leaves so much empty space to think, I love this.

## **WRC: What Do You Love Most About Running?**

**K:** What I love most about running is the community and the sense of accomplishment you achieve.

## **WRC: What's Your Favorite Part Of Being A Runner?**

**K:** My favorite part of being a runner is being an inspiration to others to run and being able to help new runners start their running journey. I love all my personal benefits of running but I love more hearing from others.

## **WRC: How Do You Stay Motivated When You Don't Want To Run?**

**K:** What keeps me motivated is the way I always feel after I finish. My friends in the running community keep me motivated as well. Seeing all of their success or hearing their struggles helps drive me. When I am not running I just feel different as if there is something missing I stay motivated to have that feel good feeling.

## **WRC: Most Memorable Race Or Running Accomplishment?**

**K:** 2 most memorable moments....

1) Hands down running with my son for his first Disney Half Marathon. As his mother this was an amazing feeling, that my child was inspired to do something because he wanted to be with his mom. To experience those feelings he felt of being so proud of himself for running 13 miles, he was quite in shock. This was an awesome day for us.

2) My first marathon Revel Canyon. The feeling of crossing the finish line after running 26 miles was awesome. I'm going to be honest the feeling of this race is not something I can put into real words other than I was in awe of what I had accomplished.

## **WRC: What Is Your Best Tip Or Advice For**

## A Newbie Runner?

**K:** Best advice is to take it day by day. Don't focus on anyone else's performance or speed just worry about yourself. I have a few coaches that have told me "this is your pace Kristol" and I share that with all newbie runners. This is your pace, your run so do you.

## WRC: What's Your Favorite Affirmation?

**K:** It's all about the process. We don't just wake up and have "it" whatever your "it" is that you are going after. It's all about the journey in life and sometimes it hurts making yourself a better version of what and who you want to be...

