



PBRR MEMBER SPOTLIGHT FOR DECEMBER, 2012

This month's Member Spotlight profiles the affable, wildly popular PBRR Board Member, runner, humanitarian, and triathlete, Maura Hennessey! When not acting as the Grand Master of a local parade, Maura is leading the charge of many charities and programs, recruiting new members, and preparing to run a race locally or abroad with her adorable dog Kiwi in tow. Incredibly, Maura found a few moments to sit down with us and answer a few questions.

When did you begin running and why? My friend Lotta had encouraged me to register for the Turkey Trot 5K in 2007, after the race I was hooked.

It was a stressful time at the end of 2007, with the real estate and lending market starting to crash and owning a mortgage business with employees, tough times. Running gave me a release from the stress.

What inspires you and pushes you to succeed? It's what I do that brings excitement and pride in myself. I can't say I'm great at it but with each race I either improve or I learn something new about myself and my ability to work thru the pain and self-doubt.

You have so many achievements in your racing career. Tell us about your top three favorite races and why they are special to you. Women to Women April 2012, won Womens Masters and it was in my hometown of Lake Worth. Nations Triathlon Sept 2010, to race in our Nations Capital was incredible, felt so proud to be an American and grateful for the ability to race. New York City Marathon Nov 2008, was my first marathon and the crowds make the runners feel like world class athletes. My friends Sarah, Michelle and Amy flew up to support me and that meant so much to me. It was a wonderful experience. I can still close my eyes and remember each mile of that race.

What is your favorite race or distance and why? (i.e., marathon, triathlon, etc.) The 10K would be my favorite distance for running. In High



School I was a sprinter and thought the 5K distance was just crazy talk. Now I think an Ultra Marathon is for Ultra Crazy runners. For a Triathlon it would be the Olympic distance, its a distance that you can race fast without being wiped out after.

Women are increasingly outnumbering men in marathons and local races. Women like you have paved the way for younger athletes. What are your future goals and races? The Boston Marathon is still a goal I want to obtain but I don't want it to consume my race schedule. I just signed up for Big Sur in Cali, which is not a high boston qualifier but an incredibly beautiful race. I get so excited when a new runner comes to me and ask questions about the sport and nothing brings more of a smile to my face than seeing a new runner cross the finish line of their first 5K.

Each athlete practices different nutrition. What is your pre-race meal regimen and how do you fuel during an endurance race? Pasta and wine before any race, and for marathons pasta and wine. What? Everyone doesn't do that? What? Well, they are missing out. The morning of a race I will have a cup of coffee in the car and a flax seed biscuit in my mouth. **If you'd care to share, have you sustained any significant injuries? What did you learn from these injuries and how did it change the way you train and race?** ITB issues have held me back when I was only running. When I cross train with biking and swimming I have noticed fewer injuries.

Thank you, Maura! Please be sure to say hello to Maura and Kiwi at the next local race. Maura is always eager to meet a new friend and run a new course. Congratulations to Maura Hennessey for being this month's Member Spotlight !!!!

