

Name: Rebecca (Beckie) Shumaker

Age: 67

Occupation: Retired two years ago from Greenville City Schools. I was secretary at East Elementary for 25 years.

What inspires you to run? My husband, running partners and being part of Team Addiegirl.

When and why did you start running? I started running in 1997. I hadn't been exercising and I had gained some unwanted weight. I knew I needed to make a change in my life.

What is your proudest running moment? On September 17, 2016, Team Addiegirl ran/walked for Dayton Children's Hospital in the Sunshine 5K. Our team was able to raise \$4,000.00 for the hospital. When the team picture was being taken, I was on the front row and I turned around and I couldn't believe the number of people on our team. We had 226 people register for the event. That number is larger than some races I have participated in.

Do you have any short term or long term running goals? My short term running goal is to be able to run as long as possible. Long term would be to still be running at age 70.

What does your running week look like? 5 mile morning run on Monday and Wednesday and then either a 5K race or another 5 mile run on Saturday.

What is your go-to running snack/product? I don't have a go-to running snack, but I do like the cookies after the 5k's!

What is your ideal run? My ideal run would be beside Jeannie Grosch on a cool fall day-enjoying the countryside and talking. Now a days, I like to practice a little more than I like the 5K's .

Who is your running hero and why? My running hero would be my granddaughter Addison (Addiegirl). Four years ago at the age of seven, she was participating in kids triathlon. At the end of that summer, she was diagnosed with leukemia. I have watched her grow from a healthy child to one who struggled to regain her strength. I never heard her complain. This summer I was able to see her participate in two 5K's. That's a hero!

How do you get through a hard run and how do you motivate yourself on days that you don't want to run? On hard runs I sing to myself about that little ant trying to move that rubber tree plant. Sounds crazy but it works for me. I also know my strengths and weaknesses. I listen to my body. If it says rest, I rest.

What is your favorite thing about running? My favorite thing I love about running is the friends that I have made over the years and how we encourage each other. The first year of the Wayne Health Challenge, Team YOLO became members of Team Addiegirl at the Breast Cancer 5K in Greenville. They did this because they knew that Addison was going to be leading the race on a tandem bike with a friend of ours. It wasn't about which team won the race that day. It was about a little girl and her family. It was about friendship, love, and support.

I love running because....it makes me feel alive. Yes even with the aches and the pains. Also, I like the weather changes--always a challenge. The best running advice I ever received was....Five years ago my eighty year old Aunt gave me the greatest advice that works for everything in life. She said that the best way to stay active and young is to not surround yourself with people your own age. Mingle with the young people. They will make you young. I believe it works.