

# March 2015 Member Profile

Bonnie Jensen

3/23/2015

Edition 3, Volume 1

## Meet Bonnie Jensen

Bonnie has been running for only 15 years and has 48 half marathons under her belt. She first started walking/running to get healthy after being sick. Her first run was a 5k at the Casper Marathon and ran her

first half marathon at 50 years old.

Bonnie tries to run 10 to 12 half marathons each year

Like others in our running community, Bonnie has traveled abroad. Dublin Ireland has been the farthest she has traveled to run a half marathon and 10 different states. She trains an average of 55 to 60 miles a month year round. Her ultimate goal has been to run 50 half marathons which will more than likely happen very soon.

Cross training, riding her bike in charity bike rides helps her avoid injuries. She says she might not go to church every Sunday but she will be out running every Sunday. Errol Miller and Tom Lockhart have been instrumental in her long distance running and ultimately her addiction to running. Bonnie is a great motivator for other runners.

I saw pictures of Bonnie when she was running on a trail recently in Arizona. I mentioned I'm envious of her lifestyle, being able to travel and run in other locations. With a simple reply – she said that when I get old I'll be able to do those things. You're not old Bonnie – You've just begun.

...

Bonnie is a second generation "Casperite" and her family has been in Casper for 100 years. She has been married to Pat for 28 years. He is also her pick up man at the end of her runs. After long runs Bonnie enjoys chocolate milk, a shower then a nap.

She is proud to be a Windy City Strider because of the friends, family and social events. She says that running is cheaper than therapy.



## *If I can do it – you can too!*

Bonnie shares some sound advice for beginners. Start slow and make small goals. Start by running from one fence post or telephone pole to the next then walk for the next one and repeat.

“If I can do it, you can do it”, she said.

You are an inspiration Bonnie!

