

April 2015 Member Profile

Kirk & Mary Carrico

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The Story of 2 Runners –

I love the opportunity to meet with our members to understand a little more about what motivates them and gain a “nugget” that can be shared to motivate, encourage and inspire the rest of us. Since joining the Striders several years ago I’ve always seen Kirk and Mary at the events and enjoyed the chance

to get to know them a little better.

As I sit across the table from them, the first thing I notice as they still look like newlyweds. Their support for each other is obvious.



Kirk and Mary bought a puppy and started doing Volksmarches to keep the puppy in shape. When the Puppy could no longer do the races they knew they had to keep running. They saw a strider article in the paper for the 2 mile challenge. They participated and loved it and decided to join the striders. They kept going to the 2 mile challenges and loved the camaraderie. Mary appreciated the way people always welcomed her and no one made fun of her. She said that Bonnie Jensen would always encourage her. Kirk and Mary hosted the 2 mile for quite some time. I looked forward to the emails from “ainteasybeingme” – they were always entertaining.

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Kirk and Mary met on a blind date over 25 years ago at a Pictionary Pizza party. Although they didn’t speak a word to each other that night, Mary worked up the nerve to call him the next day and invite him to a modern dance show in Fort Collins.

Kirk bought some “fancy duds” and they talked after the show till midnight. With an innocent smile, Kirk said they “hit it off”.



Kirk and Mary

If you've been keeping up with the results of the 2 mile challenges, you will see that Mary continues to win most improved time. Mary admits to being a "little OCD" about exercising. She looks at training plans on-line, participates (and wins) challenges both on line and at the gym. She seeks advice from fellow runners that she trusts and gathers information about which shoes are the best, training, rest days – etc. She says she is a competitive person, but pretty realistic about it.

Just a few weeks ago, she met one of her goals to run over 40 miles total in a week. She enjoys running from PV to the Tate, running up and around the event center and Amoco Road. Both Kirk and Mary's favorite run is Garden Creek – running from Rotary Park to their house.

Mary's ultimate goal is to do a 4 day race. This involves running a 5K on day 1, a 10K on day 2, a ½ Marathon on day 3, and a full Marathon on day 4. She also wants to run a ½ marathon with a personal best time of 1:45. I have NO DOUBT Mary can do this. When Mary is running, she sings a song to herself and thinks about the 1 person in front of her that she wants to catch.

Outside of running, Mary loves her VW Beetle and the Walking Dead TV Series. She laughed and said "If you hurt my Beetle, we are no longer friends".

Mary's advice to other runners is, "Don't get ahead of where your body is at. Pay Attention – rest days are important." She says she learned a lesson quite some time ago while running in Colorado. Participating in the same race as her was a little boy who ran his heart out and an older man that was going slow, but keeping a steady pace. Both of these people passed her. She says, "Don't look at other people. *Forget your ego- Run against yourself- Let other runners help you.*"

When Kirk is not running the Strider events, he can always be seen volunteering. Whether it's helping with timing, flagging runners or being a cheerleader – he can be counted on and is always appreciated! Kirk recently celebrated a birthday by running with his "Sunday runners", A group of people that meet every Sunday morning to share a run, food and friendship.

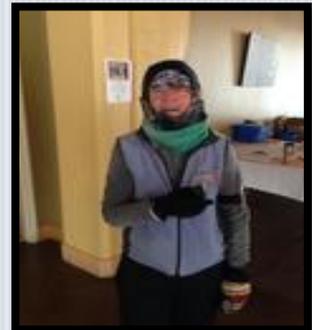
Kirk ran the Bighorn Mountain Trail run last year and said that has been his biggest accomplishment. His goal is to run it better this year. We talked about the dreaded "LAST 5 MILES". His comment was, "That's when the human spirit kicks in. It's only equal to one and half times around the golf course." He said he still had a sprint left in him at the end. Kirk loves trail running and wants to increase his distances.

When Kirk is running, he thinks about Fishing, Life, Growing Up - as he was saying this, Mary commented – You could run faster if you thought about your running. Mary said that Kirk is the "Fisherman Extraordinaire". He loves Fly Fishing and especially enjoys fishing for Brookies in the Mountains. He is a true outdoorsman and likes tying his own flies, camping, bow hunting, camping, and mountain biking.

When it comes to running, his advice is to run within your means. Don't try to beat Mike Diesburg.



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JUST A FEW OF THE RUNNING MEMORIES THAT KIRK AND MARY HAVE CONTRIBUTED.
EVIDENCE THEY ARE TRUE CASPER RUNNERS – NEITHER SLEET NOR SNOW CAN STOP THEM!