

# June 2015 Member Profile

John Kirlin

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I had the pleasure of meeting up with John Kirlin. Since our klatch took place on a midday Monday, we gave up our beverages of choice, Coors and Bud Light , for a refreshing drink from Casper's very own Metro and

enjoyed the ambiance it offers to its' patrons.

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John took up running in his later years of grade school with the encouragement of Brian and Christy Olsen, and when he entered junior high he beat feet joining the cross country team and found one of his many callings that he excelled in which allowed him to enjoy the great outdoors. John went onto college to pursue a career in caring for others; he has degrees in kinesiology and physical education and taught here in Casper before moving onto the YMCA, where he is now the Health and Wellness Director

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**John says whatever you are doing....SMILE, HAVE FUN AND BE HAPPY!**

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**Besides running, John's other pastimes include mountain biking, cyclocross, Nordic and downhill skiing, AND music, whether it be writing or playing, he comes from a family of very talented musicians.**

**John shared his singing and playing talent with us after the Skunk Hollow Sneaker Chase.**



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When thinking about traveling to competitive events he mostly stays within the Rocky Mountain Region as Colorado, Wyoming, Montana offer everything he is looking for in the way of competition and scenery. He has ventured north to Alaska for cross country skiing events, and like most everything John does he returns with some sort of award to add to his collection.

John's training plan depends on what events he has on his schedule. For the Strider Winter Series he did track training with repeats and setting a goal time to meet or beat. He prefers trail running, and found out recently that maybe his training might have lacked for this years' Big Horn and Skunk Hollow as he is now nursing a stress fracture in his foot. His time on the trails gives him more of an adrenaline kick, weaving in and out of the terrain, enjoying the scenery and being close to the beautiful skies above. He trains with a heart rate monitor as it keeps him on track with his body and the ability to perform. When running he doesn't always use music but tries to think about the performance of his body, stride, and the ability to relax but also perform.

When it comes to purchasing footwear he is a Salomon guy, whether it is for taking to the trails or the snow and New Balance taking its place for other running activities.

For those of you or others that want to take up running or partake in events, John says get out there and 'just do it' at your pace. Casper is evolving and we have some great known pathways, single track trails in the city and on the mountain, pathways hidden away in the neighborhoods on the east side of town. He was quick to remind me with any activity that takes you in harms 'way, do it the right way. When running on the streets, run against traffic, when riding bikes ride with the traffic, wear the proper gear and especially reflective gear and lights, you want to be seen.

Depending on the circumstances John prefers to train alone as then he can go at the pace he needs to achieve. There are also the times that he enjoys training with others, it makes the time breeze by and also holds himself and those he is running/training with accountable in getting the job done. More times than not we all find it is easier to motivate ourselves when we a buddy system.

John attempts to avoid injuries by training properly for events, a proper warm up and cool down and most importantly body wellness. It is nothing to see John unload the big ole duffel bag, ready for any type of situation, and change clothes and get his body dry and at the appropriate temperature after an event. We only have one body and we need to take care of it.

John is a very caring individual and wants to help those around him in achieving a lifestyle that makes them happy and healthy. If by chance you or someone you know is ready to make a change from a sedentary lifestyle or improve upon what they are doing, he is available to help you make that happen. He has many tools in his tool bag and would be nothing but joyed to spread the wealth of a healthy lifestyle with us.

**John, from the Casper Windy City Striders, we wish you and Amanda Dowler a SMILE, HAVE FUN AND BE HAPPY kind of day on September 12<sup>th</sup>.**

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