

Cellcom Green Bay Marathon profile: Gloria Jacques

May 13, 2008

This is the second in a series of Q&As with runners planning to compete in the Cellcom Green Bay Marathon on Sunday.

Age: 35.

City of residence: Suamico.

Occupation: Mother of four and part-time substitute Spanish teacher.

Event competing in: Full marathon.

What's your training regimen? I'm trying to follow the recommended Prevea training schedule as best I can. Rather tricky to do with four children, their extracurriculars, a household to manage and a part-time job. Throughout most of the brutal winter, I trained on my treadmill, and I do the long Saturday morning runs with the Prevea training group. I also run outside either in the early morning before everyone's awake, during the baby's nap (lucky for me, my very supportive husband works out of the home) or in the evening.

Do you run by yourself or with others? I typically run by myself with my Nike iPod as my companion. Occasionally, I'll run with friends, and I always do the long ones with the big training group for that extra motivation.

What motivated you to start running and choose to run in the Green Bay marathon? I started running to reach my fitness goals. After struggling with "roller coaster" weight for years, I realized running was a great way to get/stay in shape. After kids, it became more challenging to lose baby weight, so I turned to running again, plus it's also my opportunity to clear my mind and recharge before returning to a household of six plus a dog. I'm also an example for our kids. Our oldest (7) recently joined the track club at school and is running her fourth race - the kids' Cellcom. Some days she even trains with me a few miles. Health and energy are paramount to keeping up with our active family.

Do you have any traditions you follow before the race? I always say a prayer before and after the race.

Is there a particular song or music you listen to while running? I listen to very upbeat, mostly hip-hop music on my iPod, artists such as Rhianna, Beyonce, Justin Timberlake, etc. One of my favorite motivating songs is appropriately titled, "Push it to the Limit."

— Press-Gazette