



MEMBER SPOTLIGHT **JENNIFER KING**

**Tell us a little about your running history. Why/when did you start running?**

I started my fitness journey in 2018 due to a health scare. I lost 70 pounds and could finally exercise like I wanted too. I started looking in 2019 for a different exercise and found a fellow Team Beef Member who introduced me to running. I fell in love with running, the running community, races and now Team Beef! I had to miss most of the 2021 season while I had a hip replaced. I got back into running in 2022 when I was released from medical care. I am now back to my pace.

**What is your favorite running memory?**

I have so many great memories (which seem to include my awesome running ladies group), but one of my favorite memories is finishing my first race ever ( a 3K) holding my daughter's hand. I love that she's a runner too.

**What inspired you to become a member of Team Beef?**

I have a background in livestock and an undergraduate degree in Livestock production. Livestock still holds a special place in my heart. Several ladies in my running group were current members of Team Beef and they told me to check it out. I'm so glad I did! I have loved learning with the MBA and the opportunity to talk to people at races, at work, and other places about what I know about beef and the beef industry.

**You run a lot of races! What is your favorite race distance and why?**

I think my favorite distance is 10K. It's long, but not "too long". 5Ks are super fun to dress up and really enjoy!

**How do you incorporate beef into your diet to fuel your runs?**

As the daughter of a beef producer (my brother still has a cow/calf operation) beef has always been a staple of my diet. My family buys a whole beef every year from a local producer. Beef has so many different cuts, methods of cooking and ways to season it can be worked into a lot of different meals. The nutrition of beef helps me and my family hit our goals. Not to mention, it tastes delicious!

**What are your future running goals?**

My running goals are fairly simple, stay healthy and run as long as my body can.

**Any advice to beginner runners?**

My best advice is find a group to run with. Having people to be accountable to helps me stay active and keeps me from skipping a run.. A group also means fewer runs by yourself.

