



MEMBER SPOTLIGHT **RUBY CLINE-EATON**

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

Why?? Totally accidentally. I was at a race with my daughter, and I ran to get her picture then run back to the finish line area. I was so out of breath I almost didn't get her picture. I decided then I needed to do something. When?? As a competitor for about 5ish years.

What is your favorite running memory?

I have several....My very first 'official' 5K was She Power in Indianapolis. The race started, and within the first few blocks of running it rained buckets!! Since then I competed in the Flying Pig 3-Way Challenge with Xtra Cheese which is a mile on Friday night, 10k & 5k (back to back events) on Saturday morning, and my first ever half marathon with torrential downpour not once but 3 times! And of course my first 'official' 7miler during Run the Bluegrass-- Yep, RAIN.

What inspired you to become a member of Team Beef?

For the comradery with other members, I have a friend (Hi, Karen Edsall) in Virginia Beach that's a Team Beef member in her state, and to continue educating myself on food I eat.

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

Probably 5K... But, I have a goal of competing at least once in different distances.

Tell us about your business, A Runners Mom and More. (How did it start, what is your mission, what all do you do?)

A Runners Mom and More started accidentally. I asked a simple question about standing out of the way during my daughters race, one of the race directors contacted me about my photos and I submitted them for their race promo. Then while I was with my daughter at race events, I was no longer Bobbie's Mom. I was the keeper of keys, coats, extra gear, an occasional kid/husband, the person who gave the "good job today," "Kudos," "you did great," dancing & cheering, documenting them with free photos, even when the very last person comes across the finish line-sometimes with the look of defeat of being last-I tell them they have lapped everyone on the couch and I am so proud of them.

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

I try to get as much lean protein as I can with my meals. I feel for me, as an older athlete, I need it to keep up my active lifestyle.

What are your future running goals?

Eventually I will do a 12K & 15K at some point.

Any advice to beginner runners?

Decide what you want to do, and when. Find someone that will take that first step with you, but do it for yourself. It takes time, sometimes lot's of time. Incorporate strength training. Don't spend a lot of money on shoes until you've walk/run for several months then invest in a good shoe. Always remember your very first race distance is a PR!!



KENTUCKY TEAM BEEF

