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## FEATURED I.D. MEMBER

### KELLY FILLNOW


**Currently running in:**

- Ghost
- Epiphany Stretch Short

**Where do you live?:** Charlotte, NC

**Day job:** Personal Trainer, Nutrition & Life Coach

**When did you become a Brooks I.D. Member?:** April 2008

**Date of birth:** February 5, 1983

**High School:** Hilton Head Christian Academy (Hilton Head, NC)

**College:** Davidson College (Davidson, NC) & Duke University (Durham, NC)

**Personal Record(s):** 5:00 mile; 17:17 5k; 20:49 6k; 1:19:58 half marathon

**Events Currently Training For:** 26.2 with Donna, Duathlon World Championships, Florida 70.3, Florida Ironman

**Miles run/week:** 45-80

**Favorite Brooks shoes and apparel?:** Ghost, Glycerin, Epiphany Stretch Shorts, Vapor Dry 3D ½ Zip, Podium Team Pack Bag

**Why do you run?:** I run to continually have goals to shoot for. I run because I love training for a purpose. I run to have time with friends. I run to have time to be alone with God. I also run because I hope to inspire others in believing that anything is achievable!

**Who inspires you?:** My twin sister, Meghan, who challenges me every day to be the best that I can be, my dad who is fighting cancer (and winning), and all my clients who surpass goals they never dreamed were possible.

**The best thing about being an I.D. Member (besides the discount):** Getting to meet other I.D. members at events (like the Marine Corps Marathon this past year), representing a company that has a passion similar to mine (inspiring others to live healthier lifestyles) and a company that is trying to make a difference in the community (through initiatives like Brooks For Her).

**When did you start running?:** I grew up playing every sport imaginable, excluding running. I began running my sophomore year of college as ancillary training for my college tennis. My junior year I began to also run cross country, thanks to my tennis coach who allowed me to pursue my newly found passion. I was able to have a fifth year of eligibility and competed in cross country and my first season of indoor & outdoor track at Duke, thanks to NCAA rules allowing for 5 years of college athletics if competing in another sport.

**What challenges do you face as a runner?:** The main challenge I face as a runner is patience. I am extremely competitive and goal-oriented, but I must remind myself constantly that development takes

time, as I am still a young runner.

**What do you like to do when you're not running?:** I enjoy spending time with my family, cooking dinner for my friends, watching movies, reading captivating books, biking & swimming for triathlon training, emailing my clients, and of course what I cannot seem to get enough of—sleeping.

**Favorite type of event:** My favorite triathlon distance (so far) is the half Ironman, and my favorite running distance is the half marathon.

**Favorite race:** My favorite college race was NCAA Regionals in 2005, as my Duke team ended up winning overall, and I had a breakthrough performance. My favorite triathlon (as a spectator) was seeing the smile across my twin sister's face as she won her triathlon (second she ever competed in). My favorite triathlon that I personally competed in was my first half Ironman, where everything seemed to go right, despite the fact that I tried way too many new things on race day. I prayed for two things: that I would not get lost in the lake & that I would not get a flat (since I could not change a flat), and successfully managed to win the race—thanks to a long half marathon to make up ground!

**Favorite run:** My favorite places to run are the Duke Forests, and all over Washington D.C. with my best friend and former teammate.

**Favorite pre- and post-race foods:** Pre-race: Chocolate Mint Clif Bar & Banana w/ natural Peanut Butter. Post-race: Bison Burger, Baked Sweet Potato Fries, and Oreo cookie ice cream with lots of Cool Whip!

**Anything else you'd like to add:** I have seen running change the lives of many individuals. So many of my clients feared taking that first step and are now doing 5ks, 10ks, half marathons, and full marathons! Instead of doubting what they could do, they have the confidence and self esteem to believe that they can achieve whatever they set their mind to accomplishing. Never take running for granted, as it truly is a gift—inspire daily!!

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