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Runner's World+ Member: Kathy Kinane

A leader and an empowering woman in the racing community.



RUNNER'S+
WORLD

FEATURING:

KATHY KINANE

AGE: **61** | HOMETOWN: **CARLSBAD, CALIFORNIA**

RUNNING MANTRA:
LIFE IS A DARING ADVENTURE OR NOTHING AT ALL

Kathy is a Runner's World+ member. Join her and thousands of others chasing their goals with day-by-day training plans, expert advice from editors and coaches, and unlimited digital access. We regularly feature members online and in print.

WORKING IN THE RUNNING INDUSTRY HAS BEEN INCREDIBLY REWARDING

I have been running since I was 15 years old. I was fighting depression and trying to get in shape for other sports. Running has brought me stress relief, good health, endorphin highs, good friends, wonderful adventures and a career as a race director. Working in the running industry has been incredibly rewarding. I have watched the road racing community grow exponentially since the 1970's and I am very proud that women now make up over 60% of the participants. Their emphasis on training with friends in groups and supporting social causes that improve the quality of life for the community can never be appreciated enough.

WHY I JOINED RW+

I joined RW+ because it is a great value and I enjoy keeping up to date on the latest gear and training methods. As a run club coach, I learn a lot from the coaching and nutrition/cooking tips. We also love to read about life changing experiences from new runners that you share with your readers. I especially enjoy the workouts that emphasis total fitness, core, stretching, and meditation/yoga.

A GOOD NIGHT'S SLEEP

Knowing that I will be calm and focused on my projects during the day and get a good night's sleep after a run and stretch. Running gives me a sense of peace that I love.

BATIQUITOS LAGOON

We are very fortunate to live close to the beach and close to trails. We love both. Our favorite run is the gorgeous Batiquitos Lagoon trail in Carlsbad. It is a 5K loop. The trail is soft on the old legs and the native birds are numerous and beautiful. The lagoon attracts many fit, fast inspiring young runners and friendly, social walkers. We

are able to do our 5K of short intervals in a very comfortable setting. Dawn and dusk are two of the best times to be on this trail.

FAVORITE GEAR

I currently love my Altra [Torin](#), [Escalante](#), and [Lone Peak](#). Altra's have a wide foot and the toe box is very roomy for my toes. I also love my [Brooks Ghost 12](#) running shoes. They make me a "Run Happy" runner. My prized possession in the 1980's was my Nike US Women's Marathon Trials Qualifiers shirt.

FUN FACT

Voted: "Woman Trailblazer of the year" in 2014 by Running USA.

LONG TERM GOAL

To be running trails and along the beach with my friends in my 80's, even if it is slowly.

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