



Mark: Welcome to "The Healthynomics Podcast." Dorothy, I'm really pumped to have you on.

Dorothy Beal: Thank you, I'm excited to chat.

Mark. Yeah, it's great. So I've been following you online for a long time. I'm trying to think how you came onto my radar, but I guess it's hard not to. You're kind of all over the place in the running community. I see you, you know, on the social media, you've got a perfect blog, and now you've been featured in a few of the running magazines. So I'd love to, just for the listeners, and for myself, just find out a little bit about you, sort of where you grew up, and your childhood, and then segue into how you got started into running.

Dorothy Beal: Yeah. I live in Leesburg, Virginia, which is about 45 minutes outside of Washington DC. I've kind of been in the general area that I live in now, my entire life. I left for a little bit, to go to college in New Jersey, and kind of had intended to move to New York City and came home, and then just never left. So kind of been here ever since. But I didn't really do anything, growing up, athletic. I guess, I had like maybe one season of like youth sports, but sports weren't really things that anyone in my family did. So I didn't start running until I was, essentially, an adult.

And mom suggested that running could change my life, and that, specifically, a marathon could change my life. And at that point, I didn't

really have anything to lose. I was kind of like in that like post-collegiate time period, where it's like, okay, now what? Do I wanna do it the rest of my life? So I trained for a marathon, and she was right, it changed my life, and I haven't stopped training since.

Mark: That's amazing. So...and I think I've got your tally of marathons, but am I correct, is it 35, or is it more?

Dorothy Beal: 34.

Mark: Thirty-four, okay. I gave you one more.

Dorothy Beal: I know, give me that one more. Well, I'm 35. And so I like really...because I like numbers a lot, wanna do one more marathon before my age-changes, so my marathons can match my age, but...

Mark: Nice. So and what was the last marathon you ran, was it in New York, or have you done one since?

Dorothy Beal: Yeah, I just in New York. And it was my first time doing New York, it was such an incredible experience.

Mark: Yeah. And how was that? Like, can you explain to the listeners, sort of, what's that like? Yeah.

Dorothy Beal: Yeah. Well, I really like smaller races, or so I tell myself, anyways. Just because logistically, it's a little less stressful to kind of like show up at a high school and have your pre-race just like sitting in a gym, and then walk outside, and go run. So I saw it, that New York was kind of like gonna be like a one-and-done-type of thing. But it's absolutely amazing, and kind of worth the logistics of how long it takes to get there in the morning, and sitting around waiting for the race to start. You can start on the top level of the bridge. And I actually was on the lower level of the bridge. So well, it was a cool experience. It kind of, "I like wanna go back and do it again." So I have kind of that epic start-line that so many people associate with New York.

Mark: So what's the difference between the two bridges in the star? Like, are there two levels?

Dorothy Beal: So it's just, you don't get that kind of like, "Wow, I'm on a bridge," feeling. Like, you start at the same time. I mean, there was different waves, but you're just, you know, when you look up, it's like

concrete above you, concrete below you. Yeah. and I think it was a really foggy day, that day. So it's not like, you know, like I was paying attention to where I was running, but when I would glance out over the bridge, it was really foggy. So it just was kind of a different start than I had imagined, which is good, because now, I wanna go back and run it again.

But it was just...it was exactly like people say, like the streets are just lined for 26.2 miles, with people just going crazy and cheering for you. It definitely...I, like, have a hard time putting it into words because everyone ahead of time was like, "This is gonna be one of the most amazing races you're ever gonna run, I'm so excited for you." And I kind of was like, "Gosh, I really hope it lives up to this hype," you know, everyone's been telling me how good it is. Like, "What if it's not good? What if I don't like it? Am I gonna be letting people down?" But yeah, it totally lived up to everything, and more.

And then, you know, to run it the year that Shalane wins, just, I mean, it's hard to kind of, like, describe. But, you know, I hope I keep running marathons for a really long time, so eventually I think a lot of them would blur together. But I know...like there's no way to forget this one, you know.

Mark: Yeah, you'll never forget that one. I've never run New York. I'd love to one day. But it's just kind of like what you said, like you just hear from everyone that how amazing it is, and you just hope that it sort of lives up to what it's been pumped up to be. But it sounds like it does.

Dorothy Beal: It really does. And like, I signed up the year that it got canceled. And the next year, you had a guaranteed entry if you wanted to run, but you had to pay the \$250 entry fee again. So it would have been \$500 to run it, and I was like, "I draw the line, \$500 for a marathon." Like, "give me that money back right now." So I chose not to run it, but in hindsight, like, knowing what I know now, I would have paid \$500 for it.

Mark: Yeah. And I think some people do pay 500 bucks to run it, don't they? They raise money, and yeah.

Dorothy Beal: Yeah. But I think...but that just goes to show you how good it is, that you know, you can charge an amount that seems somewhat crazy, and people are lining up to get in, you know, like...

Mark: Yeah, lining up to punish their body over 26 miles, and pay money to do it, so...

Dorothy Beal: So they're definitely doing something right.

Mark: Yeah, exactly. So I'd like to ask you, too, so how did you transition, or get into writing your blog, "Mile Posts?" And then I don't know if the coaching, like you got into coaching after, or was that before that, or...

Dorothy Beal: Yeah. So I didn't really know what I wanna do with my life after college. And, like I said, my mom suggested that I train for a marathon. And in the process of running that marathon, I just realized that I really loved running. And not just like actually participating in it, but really everything about it, the sports, and expos, and the apparel, and just all the different aspects of running. So I applied for and got a job with Brooks Running, and was what? I guess you would consider a technical representative. So I would go to specialty running shoe stores and kind of explain the technology in the shoe, and work events, and stuff like that.

And then after that, I worked for another company called Moving Comfort that was the first company to make women's specific running apparel. And they moved to the west coast, and I had just had my first daughter, and couldn't go. So I had like a couple of other jobs after that, but just realized that I wanted to stay at home with my kids, and be the one that was raising them. But at the same time, like, I still wanted to be a part of the running community, and I still wanted to be kind of, like, building my resume. So I started the blog, just kind of, like, as a way to stay in contact with people, or to kind of, like, stay relevant.

And I guess it was just like a stroke of luck, because in 2009, like it was just when blogging was starting to become big, you know. And so I just got in, I guess you can say, at the right time. I mean, I don't even really think at the time I realized what I was doing. Definitely, over the next couple of years that followed, I was like, "Oh, wait, like, I can actually turn this into something." And I've always been like the business type, like I have tried to start before the blog, multiple like small businesses, and then just never really felt, like, kind of passionate about them.

So this was a way to kind of, like, stay home with my kids, and do what I love, and make money, and all that kind of combined. The coaching, I got coaching certifications not so much with the thought that I was going

to coach people, but, you know, I think it's good to be educated on things. And I didn't...you know, I had all these people that are reading my blog, and emailing me, and coming for me for advice, and it was like, "I really shouldn't be giving advice just from personal experience," you know. Personal experience is great, but it is good to know the science behind things, and you know, all that jazz.

So I did a lot of coaching for a period of time and then realized that it's a lot of work, like a lot of work. And I was just very personally invested in my athletes, and so I think I, like, gave too much of myself to it. But then there were others that were kind of, like, falling through the cracks because I was doing too much. So I don't do much one-on-one coaching these days, but I am glad that I have the certifications.

Mark: Yeah, I know, absolutely. Your blogging journey sounds a little bit like mine, like I started my blog in 2000, around 2008 or '9, as well. And I studied exercise science in kinesiology, in university, and then...sorry, listeners, I'm boring you, you've heard this story.

Dorothy Beal: No, I'm interested.

Mark: But I'll tell you. And then...anyways, long story short, I got in the finance industry where I work now, but I continued my blog, just sort of as an outlet and passion to stay engaged with the running community. And for me, like to give me reasons to look at some of the exercise science and stuff that's happening. And that where it stands. And I've done a little bit of coaching, but kind of like you, it was kind of too much. And, you know, as I said, I have a day job and I do this Podcast and help the beginner runners just on my own time, but I think I love it that way.

Dorothy Beal: Yeah. I think. also, it's just...a blog is a nice way to be able to connect with like-minded people and not drive everyone in your life nuts that doesn't understand running, you know. And while I absolutely love, when, like, when my friends, or even family members that don't get it, like take an interest in it, at the same time, it's not the same, you know, like explaining stuff to them over and over. I just would rather not talk about running, you know.

Mark: Yeah, exactly. And I've actually, probably, I mean, you more than I, but I've, you know, met a few people that I've actually interviewed and stuff in person. And it's been really cool. Like in Toronto, I met a couple of people in the US for beers and stuff, and like that's been really neat.

So my wife laughs whenever I say, "Oh, my friend, so and so," and she's like, "Is that like an online friend, like from your blog, or" you know?

Dorothy Beal: Actually, it's really...I think of way back when it was weird so meet people online. But now, I meet people online all the time, and, like, I don't think it's weird at all. A lot of my good friends are people that I met online, and I've known for years. You know, like there are a lot of down sides to the internet, but the fact that it can bring you closer to people, that, like, you might not have met in your life, you know. Like there is no way that everyone that is like you is going to live in the same city as you, you know. And so the internet just opens up all the possibility of like-minded people, or people that if they lived right next door to you, you'd be best friends with, you know.

Mark: Yep, Absolutely.

Dorothy Beal: But yeah, I think sometimes my husband thinks I'm, like, a weirdo. He's like, "Wait, what?" I'm like, "Yeah, my friend that I've never met before, and I'm gonna go visit them."

Mark: "Excuse me."

Dorothy Beal: He's like, "Um, okay."

Mark: Okay. So I wanna talk a little bit about your Instagram account, some of the images and messages you're sharing there. And I think a lot of it, correct me if I'm wrong, is about body positivity. And I saw one post in particular, you talked about your daughter, and your body image stuff. So I'd love for you to talk a little bit about what you're doing there, because I do get a lot of emails from people who...you know, they struggle with body image, or thinking they look funny when they run which holds them back. So I'd love for you to talk with that, if you can.

Dorothy Beal: Yeah. I mean, if I'm being honest, like I've struggled on and off my entire life with, like, self-esteem issues, and depression, and social anxiety, and a whole host of problems. And I wouldn't be where I am if weren't for running. So in a sense, running has saved me, but also kind of helped me to figure out who I am. And I guess, through Instagram, and blogging, and social media, and all of that, I just realized that, you know, the thoughts that I have about myself are not unique at all, you know, that there's just so many people out there that are struggling, and for whatever reason: you know, maybe it was the way that they were brought up, or you know, maybe it's just negative images

they see online.

But for whatever reason, you know, there are so many of us that struggle. And I just wanted to do something about it, like to contribute in some tiny way. You know, even if it just helps one person by sharing my story, and saying, "Hey, this is how I feel, and it's okay to feel this way," you know, kind of makes it worth it. As it relates to my daughter, I think that the confidence that I have now, or the ability to kind of combat negative voices when they creep in is because I'm her mom. I don't want her to grow up and have the same issues that I've had, you know. Like I don't want her to have...to base her self-worth on a number, or to have a distorted image of what she looks like, or to think that, you know, her entire value in life is based on what she looks like.

So I kind of realized that I just had to...if I didn't want her to have that life, then I had to change my life and change my views. So...and also, in sharing it on Instagram, I think it continually helps me focus, you know. Like if I share something on Instagram, I'm like, "Man, I'm really struggling today." People cheered me on, or helped me out, and I can see, you know, when there are kind of like negative thought patterns creeping back in, that are just completely unrealistic.

Mark: What's the feedback been like, with you sharing all your stories and images? Has it been good, or...

Dorothy Beal: Well, actually, that photo, the one of my daughter and I standing next to each other, and I has the most impressions of anyone of my Instagram photos ever. So I think...

Mark: Oh, wow. Can you tell the listeners a bit about, like what you shared there?

Dorothy Beal: Yeah. So in this photo, like...so my daughter has, you know, recently said things about the size of her thighs, and kind of just comparing the two of us, that, like, we both have big thighs. And it kind of just struck me when she said that because I wondered if I was the one that caused her to think that. Like I think I have big thighs, I complain about my thighs, they've always been the part of my body I like the least. And I just looked at her, and it's like she's my daughter, so to me, she's perfect, like her body is so beautiful. And she doesn't have big thighs, but even if she did, like, her body is beautiful.

And so, we just happened to be the photo that I shared is we happened

to be kind of having like a mother-daughter afternoon after one of her soccer games, and we were at a beach...at a little Beach area together. And I had taken a photograph of her, and she had taken a photograph of me. And kind of when I was strolling back through them, it was like, "Oh my gosh," like we are the same, like we look so similar. And so, if I look at her body and think her body is beautiful, and that she is amazing, like, why can't I look at my body and think that too, you know?

And it's just...I think, you know, I have sons as well, so I'm not just gonna say that, you know, this go for girls. But parents, you often times don't even realize how you're influencing your children, you know. Like they're watching you, they see you when you, you know, if you look in the mirror, and lift up your shirt, and are judging your stomach, or they hear you call yourself fat, or you know, you just have to be so careful with what you say and what you do because they are watching and learning from you.

Mark: Yeah, they're sponges.

Dorothy Beal: Yeah. And that, they are sponges which is so incredible. Because if we, as parents, can get out kind of stuff together, you know, my daughter can absorb that, like, I love myself, or I love my body, or I appreciate myself for more than just looks, you know. So it's really cool when you think about it in that sense. And it also makes it easier for me to be like, you know, you have to get your act together, not just for yourself, but for the sake of all of your children.

Mark: Well, thanks for sharing that. And for the listeners, I'll send a link around to...I'm assuming your Instagrams are public profile, correct?

Dorothy Beal: It is.

Mark: Yeah, okay. So I can send people to your profile. And I suggest they follow you, just for motivation, inspiration, for running, and for life. I think it's awesome, what you do in there.

Dorothy Beal: Thank you.

Mark: And then is that the impetus, then, I know you got this hashtag you use, #IHaveARunnersBody?

Dorothy Beal: Yeah. So that kind of, yeah, it's all kind of tied together. So when I started running, like I was overweight and not happy with life.

And so that was part of my mom encouraging me to run, was that she was trying to help me get healthy. And I kind of took that healthy to an extreme and got down to 110 pounds which wasn't a healthy weight for me, or my body. And I don't think that...I know that I wasn't the healthiest when I was that weight. But at that weight, I felt like a runner, and people knew that I ran.

And when I would stand, you know, at a start-line of a race, it was like, "Okay, well, I belong, I look like a runner," you know. And over time, you know, as I gained weight and my body kind of shifted, I no longer got the comments that were like, "Oh, you look like a runner," you know. And it, more so, became disbelief of like, "Oh wow, you run?" Like, "I always thought runners were supposed to be super skinny." And I'm not someone who is overweight by any means, and I personally believe that I look like a fit person.

So it kind of just struck me that it's like, "Well, if I, as a fit person who isn't overweight, am getting these comments, like, 'Oh, you run?' Like, what are people saying to anyone who is any bigger than me, you know?" And I just found it so offensive, because it's like I, continually in races, get my butt kicked by women that are much larger than me, you know. And so, I just felt that I, like I needed to take a stand. And whether that stand was just for me, or for other people, like I don't know, but I just felt like I had to say, "I have a runners body, and so do you." Like, "If you run, then you have a runners body." It doesn't matter where you are in your journey. As soon as you decide that you are a runner, then your body is that of a runner.

So I started the hashtag, and it was well received. And so, I started the Instagram account, "I have a runners body," and I try to repost on that account all sorts of different types of bodies.

Mark: That's cool.

Dorothy Beal: And that is not to say that, you know, I don't post pictures of this stereo...you know, what people think of a stereotype as a runner. Like those people are runners too, like everyone is a runner, and everybody that runs is a runner. And I just think that we, as a society, are hopefully moving towards a point where we stop judging people based on looks, you know. And I tell people all the time, like I hope 20 years from now, people are like, "Wait, you did what?" Like I have a runners body, like what are you even talking about? Because I hope it's like something that's stupid, that it's like, "What, people judged

runners?" Like, "What, you know?" Like I hope it's just dumb.

I hope it's in a sense like...so when I ran Boston this year and I got to meet Katherine Switzer, and you know, in her lifetime, like she was pushed off, try to push off a marathon course because women weren't allowed to run in the Boston marathon. And like, to me, that's like, "What?" Like, "Are you kidding?" More women, don't quote me on this stat, but I'm pretty sure that more women than men participate in road races in the US each year. Like the number, I think is over 50% women in most races. So you know, I kind of hope that's how it will be with this body stuff. But in the mean time, I would just be, you know, one of many people that are fighting for people to not judge others.

Mark: Well, thanks, yeah. I hope it goes in that direction as well. So as I mentioned earlier, my audience is mostly beginner runners. So I'd love to hear sort of what your advice would be, or guiding principles you would have to people who are, like, just absolute newbies. You know, maybe they have run before in the past, but maybe they're coming, you know, fresh into the sport, maybe they're carrying more weight than they want, but yeah, what advice do you have for new runners?

Dorothy Beal: I think my biggest piece of advice would just be to not give up. Like running is hard. I have been running marathons since 2003, like it's still hard. There are days that I am not sure I would be able to run two miles, you know, where it's like, "Gosh, I don't know if I can do this." So I think as a new runner, I wish I had known that, that is just like a normal feeling, and that it doesn't mean that I am terrible, or that I'm never going to improve, or that I should find another sport. You know, I think I would have probably found running sooner had I realized that it's hard for everyone, you know. But it's so, so worth it. And obviously, I'm an example, but I think there are tons of examples out there of how running, just, can completely transform your life.

Mark: Yeah, I know, I agree. And I like to tell people, too, you never judge a run by the first 10 minutes because, as you say, even the most seasoned, veteran runners who often go out and, you know, feel terrible. But many times, it has happen to me, I felt terrible, but you know, just always keep going and I'll re-gauge how I feel in a few minutes, and then more often than not, I was, you know, like, "Oh, I'm actually, I feel not bad," and you keep going, and you get a descent run in, and you feel great about yourself.

Dorothy Beal: Yeah. So I often joke, because the first three miles of

every run, I happen to think are the worst three. So I don't judge a run by the first three miles, but I realized that three miles was a very long distance for me at one point in my life. So your three might be three minutes, or three blocks, or whatever, but yeah. And it's also like running kind of goes in waves, like I think to myself, whenever I feel terrible on a run, like I'm just at the part where the wave is crashing down, and like if I just hold out, I'm gonna be at the top of the wave soon, and I'm gonna feel good. But it's just kind of, you know, riding out those lows, yeah.

Mark: What about strength-training? Do you have any advice about strength-training? Is it worth it? Should all runners be doing some strength-training? And I'd love to hear what you do.

Dorothy Beal: Yeah, I think it's totally worth it. You know, and that is coming from...that is my non-scientific advice, that is my, just kind of like, life advice as a person. Like strength-training makes me feel strong, and who doesn't wanna feel strong? So yeah, I do it more now because as I'm getting older, and I hate to say this, because I know 35 is not old, but my body feels a lot older than when I was 25. And so, the things that I could have gotten away with when I was 25, I can't really get away with now that I'm 35. So I do it so that my body feels good on runs. And I've been doing, recently, a lot of kind of running specific routines, where I'm strengthening certain muscles that would help improve my form, or just give me more strength in like the later miles of a race, so that my form kind of isn't breaking down. What do I do? I do all sorts of stuff, I mean...

Mark: Yeah, what are...

Dorothy Beal: I think it's just someone new. I guess for me, like the way that I started doing strength is I am a big fan of Jillian Michaels. I know that's like old school, but I have like all of her DVD's.

Mark: Nice.

Dorothy Beal: And it was just like a good place to start because it was like just someone showing me what to do. Now, I have a coach that will come up with workouts and send them to me. And we do a couple of different ones, she kind of rotates them each month. But I also mix in, like I get "Women's Health," magazine, and would rip out, whenever they have workouts in there, I would rip them out and tape them to the wall in my basement, and then do them. There's a plethora of information online, and in books, and I think you just got to be proactive and try it. And again, it's the same with running. Like I told myself I was

terrible at it, and I was terrible at it, but you get better. And if you do it in the comfort of your own home, you can get better when no one's watching you.

Mark: You can wear whatever you want.

Dorothy Beal: Exactly, yeah. And I still prefer doing DVDs at my house than going to a gym. I don't know, I mean, I still...sometimes old insecurities.

Mark: Yeah, I don't know. I'm the opposite, I'm terrible at home. If I say, "I'm gonna do a workout at home," and then I'm like, yeah, it's just not the same, I don't know what it is. But like if I'm at a gym, it just puts me in that mindset, I'm like, "Okay, here we go."

Dorothy Beal: Yeah. Well, that's actually a really good point to make. Like in running, and in strength, and all those kinds of things, like you have to find what works specifically for you, you know. Like working out at home may be great for me, but you know, it can be terrible for somebody else. So I think just experimenting till you find what is good for you, you know.

Mark: Yeah, exactly. And what about, I know you are super busy, you've got your career, you're married, you got three kids. How do you, or what advice do you have for people that also struggle with, you know, finding the time just to fit runs in?

Dorothy Beal: Yeah. I mean, it is hard, and it's so cliché, but it really is true. Like you have to make the time, you know. And for us, and our family, like I do, do my workouts at home because that eliminates having to...the time I'm driving to the gym. We also...I guess it was maybe four or five years ago, moved, and when we were moving, we specifically looked for houses that were on my favorite running trail. So I literally lived on the trail, like I look outside and I see people wizzing by on bikes, or I hear people out there having conversations as they run, and that eliminated, you know, driving to the trail. And, you know, everyone can't do that, you can't just up and move next to a trail, or eliminate the need to drive places.

But there are...I think if you kind of take stock of your life, I think there are places that you can kind of squeeze out time, you know. And I think, depending on how busy you are, like you're gonna have to bend, you know. Like maybe you wanna work out for an hour, but that's not

realistic. So if you have 20 minutes and you can go hard for 20 minutes, then go hard for 20 minutes, you know. But then, also just giving yourself permission to not compare yourself to other people. There's gonna be people that are less busy than you, or who seem busier than you, but also have time to fit it all in. Like, don't worry about what everyone else is doing, like, worry about you.

You know, like, it's great to take inspiration and example from people, but it's terrible if you start questioning, "Why can't I do that?" So, but yeah, my whole family is active. Like my kids, when they were little, I pushed them in a single, double, or triple running stroller. Like they've been working out with me from day one, so...

Mark: A triple stroller, you must have been in the shape of your life then with it.

Dorothy Beal: You know what? I was in the shape of my life. In hindsight, I'm like, "Gosh, if only I knew." But yeah, I was never faster than when I was pushing that thing. Yeah, eventually, I had to quit because the three of them, plus the stroller, combined, weighed more than I did. And so, it was like if I had any sort of a tiny hell I needed to go up, it was just bad news.

Mark: Yeah, you would be ready for your climbing Everest with all that weight.

Dorothy Beal: Yeah, yeah. But I mean, it's just, it comes down to, you know, like, running and working out makes me feel good. And I'm not a nice person when I don't feel good. So it's important for me to make time, and fit it in, yeah.

Mark: Yeah, that's great. And what about motivation? A lot of people struggle with getting motivated. What's your advice to people struggling with motivation?

Dorothy Beal: I always think of how I feel after. Because, I mean, I think I would naturally be a lazy person. I would like to just lay in bed, I would like to lay on a couch and not do stuff. But like, the feeling after, like you just feel so good, and it can be exhilarating. And even if it's a bad run, it's like, "Well, I thought through that, you know. And just, I think that's, like, my main thing for motivation because there are plenty of days that I don't wanna run, you know. Like even today, I didn't have to...I only had to run five miles, which shouldn't be hard for me, but I just didn't want to

do it, but I did wanna do it. You know, like if I didn't go, I knew that I was gonna be angry at myself, but at the same time, I was just like, "Oh, I don't wanna do this." So I just really focused on that after-feeling. And every run is one step closer to getting me to where I wanna be, so...

Mark: And where do you wanna be? What's the...are you training for anything, or what are your running goals right now?

Dorothy Beal: Where I wanted to be used to be based on, you know, a race I was training for, something. But now, like, where I wanna be sounds a lot like hippy-dippy, but, like, I wanna be at a place where I am happy, and where I'm at peace with myself, and where I'm a good person and making a difference in the world. And I believe that running helps me do that. So in terms of races, if I had to say where I wanted to be, I actually have no races on my calendar right now, which feels very strange to say.

Mark: Yeah.

Dorothy Beal: Because I don't even know the last time that happened. But yeah, ideally, I'd love to sneak in one more marathon before I turn 36, so I have 35 and 35. But at the same time, like, I also would love if I could just run like 5Ks all year long, next year, and take a break from the marathon.

Mark: Yeah, the marathons do. I mean, I've haven't done near what you have done, but I've done three. But yeah, they're kind of...I feel like when you're done, yeah, you're kind of mentally drained, as well as physically drained, and you need a rest. So I can imagine, having done 34 of them, so...

Dorothy Beal: Well, I find, too, that it's like the marathon, it's like such a natural high, like I am just so blissed out and happy when it's over. And the days following, like, you just can't like wipe the smile off of my face. But then I like crash, where I'm...it's like such a high that then I fall to such a low, if that makes sense. So that's why I was thinking, maybe, 5Ks would kind of be like an even thing to your [inaudible 00:38:34]. And also, it's just fun, like, I am not at the speed that I could be like super competitive in a marathon, but my pace is that I could be more competitive at, like, a 5K, you know. And that can be fun, actually, you know, trying to race trace, so who knows?

Mark: I like it.

Dorothy Beal: The possibilities are endless when it comes to running.

Mark: Yeah. So we're nearing the end here. And I don't wanna take too much of your time, but just a fun quick one. So do you have any favorite...or first of all, do you listen to music, or a podcast when you run?

Dorothy Beal: I listen to a podcast all summer long, I've been listening to...

Mark: What do you like?

Dorothy Beal: So I'm really like into, like, crime stuff. So "S-town," was good, the ending was a little different than I thought it was going to be. I would just leave it at that. "Criminal." I actually liked "How I built this," which is not crime. What other ones? Oh, "Somebody knows something," is another crime one that's good. Yeah, I'm basically into, like, crime, or business.

Mark: I like it.

Dorothy Beal: So either, yeah.

Mark: Well listen, I like "How I built this." I definitely listen to it, I like that one a lot. But there are those...the other ones, I'll have to check out.

Dorothy Beal: Yeah. It makes the...like if you're doing a long run, for some reason, podcasts, like, make the time go by really fast. You just kinda get, like, sucked into the story. Yeah, they're good. In terms of music, I've been listening to a lot of electronic dance music lately, which is funny to me, because I'm like a 35-year-old mom of three. My husband is always like, "Why is it like a club in our house?" But, exactly, the beat of it is so good for running. And when I associate a song with, like, when I have a good run with those songs, then I like listening to them, you know, in the car, or in everyday life, because I'm like, "Oh, I remember that one was so good."

Mark: Yeah. And what about any favorite books related to running, or don't have to be related to health and fitness, that you've read recently that you like?

Dorothy Beal: Oh gosh, that's a tough one, I don't know. I'm gonna have

to think on that one. I read so many books that I'm like...

Mark: No worries. Fiction or non-fiction, do you read mostly?

Dorothy Beal: Mostly non-fiction, yeah. Like I read a lot of health book, because I'm kind of a nerd about stuff like that. The book I'm most excited to start reading...well, actually two of them, and I just posted them on my Instagram. I really want to do a triathlon in 2018, I had planned to do one this year and then some kids stuff got in the way. So I actually have it right here, it's called "The well-built triathletes." So I'm excited to start reading that. And then I also, recently, just got a book on "Learning how to put on like a road race." So like road-race management type of book.

Mark: Cool.

Dorothy Beal: Yeah. So gonna read that. And then might possibly take a course on that.

Mark: Very cool. Well, before we sign off here, where can people go to find out more about you, or if they wanna follow you online, social media, etc.?

Dorothy Beal: So, all of my stuff is mileposts, M-I-L-E-P-O-S-T-S, or you can just search "Dorothy Beal," and my stuff pops up. I'm pretty much the only 35-year-old Dorothy Beal in the country. So my stuff will pop up. Or if you're interested in...I have a runner body stuff, you can search for that. That is what it is on Instagram. But yeah, pretty much once you find one platform, I'm kind of linked to all of them together.

Mark: Well, that's awesome. I would be sure to put links, share everyone listening. And Dorothy, listen, thanks so much for the time and then your expertise.

Dorothy Beal: Oh, thank you.

Mark: And for everything you're doing out there for the running community.