

Arkansas Runner Interview – Shauna Veazey

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AR: Tell us about yourself, where you are originally from, where you grew up, how long you have lived in Saline County, and your background.

SV: I am originally from Harrison, AR and I have lived in Saline County since 1991. There have been many other cities/towns in Arkansas where I have lived (too many to mention) mostly in the northern part of the state with the exception of Wynne, AR and Bakersfield, MO.

I graduated from Cotter High School, in Cotter, AR (Trout Capitol USA) in 1988, then went on to Ouachita Baptist University where I studied Vocal Performance and Psychology.

I am currently employed at Mt. Carmel Community, Assisted Living Facility in Benton, as the Activity Director. I have worked at Mt. Carmel since September of 2008.

My husband Dennis and I were married on September 20, 1997. We have 3 girls, Ashton, Leslie and Katie. We also have a Shih Tzu named Zayda Mae and the girls each have a cat. We are just one pet shy of a pound! LOL!!

AR: How long have you been running and what got you started?

SV: I started running in 2011. What inspired me to start now? Well, my Administrator at Mt. Carmel, asked me to start a Wellness program. We have one for our Residents and one for our employees. Everyone is on a "point" honor system. You receive prizes for points you earn at the end of each quarter. The Residents earn points for walking and exercising on their own and also for attending our morning exercise class. The employees receive points for at least 30 minutes of exercise per day, each day of non smoking and for losing weight. All employees weigh in each week. Two of our employees lost 50lbs each in one year! Anyway...so since I was leading everyone in this program, I had to set the bar. So I started doing step aerobics and walking 3 miles almost every day. As I would be walking, I would think to myself, you can run from this stop sign to the next one. So, I just took off from there. I trained all by myself, not knowing what I was doing, and ran my 1st 5k! I was so excited! I was definitely hooked after that!

AR: What is a typical running week for you?

SV: A typical running week for me is usually 3 or 4 days of 2 to 6 miles each, then I finish the week out with a long run of 13 to 26 miles. My other "constructive" exercise is teaching an exercise class at Mt. Carmel 3 days per week. I also participate in Hot Yoga and Power Barre Classes at McClure Fitness in Benton.

AR: What has been your longest racing distance?

SV: My longest racing distance is 50k.

AR: What are your PR at various distances?

SV: My best 5k time is 24.49

10k: 53.44:8 ,

15k: 1:19:18

20k: 1:51:03

Half marathon: 1:52:35

Marathon: 4:28:33

50k trail run: 7:11:51.

AR: How about significant injuries? Have you had any and if so, what sort and did they require any special treatment other than rest?

SV: My worst injury so far was my IT Band popped in my left leg while we were on a 16 mile training run. We hit mile 9 on Benton Parkway and all I wanted to do was stop and cry, but I kept on going and my friend Aaron ran ahead and got his car and brought it back to me. Praise the Lord for friends! It got better fairly quickly and I was able to keep running.

AR: What about hobbies and activities other than running.

SV: Other things I enjoy besides running are singing, camping and hiking.

AR: Favorite non-running spectator sport.

SV: My favorite sport to watch that I do not participate in is football.

AR: Favorite anything else you want to mention—book, movie, TV show, etc.

SV: My favorite TV show is Hawaii Five-O. And I love to sing

AR: Running goals for the current year? Long term?

SV: My short term running goal is to shave at least 30 minutes off of my marathon time. For the long term, I am looking forward to a 50 miler!

AR: Anything else you would like to say to your fellow Arkansas runners?

SV: Just a word of encouragement, some days of running are great and some days are tough, but no matter keep pushing because the reward is great! Happy Running!!

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