

Natalie Peace has worked with the PG County Police Department for two years as a General Clerk. Although she's not new to races, Natalie wanted to be more active and found herself needing a push to get back out there. Since the start of the 5K training program, Natalie has completed every planned workout, often getting out to fit in her runs after a long work day.

***What is your previous experience, if any, with running?*** I have done a few fun walks, 5K's, 10K's and completed (2) half-marathons in my lifetime, but not an avid runner. I like surprising myself by achieving things that I may not have thought I would try. Plus, getting involved in charity events and supporting a cause has been both beneficial and enriching.

***How do you fit your training runs around your work schedule?*** I prefer running in the evening when it's not too hot. I enjoy training at the park, being outside allows me to relax, be mindful, and focus.

***What has been the most challenging part of the training for you so far? How do you try to overcome those challenges?*** Staying engaged can be difficult for me and the heat doesn't help. I like reviewing my stats via my running app. Seeing the progress I've made, running faster and further distances each week is quite inspiring to me. This excitement pushes me harder, and I feel confident that I can complete this race with a decent pace and time.

***Do you have a favorite piece of running gear?*** Running socks, smartwatch, headphones, hat, and the [Strava app](#).

***What do you enjoy doing when you are not working or running?*** Attending festivals, going to museums, creating, and traveling.

***What advice would you give others who are trying to stay consistent with their training?*** Celebrate your progress no matter how small. Every step forward is a step closer to the finish line. Kudos, for signing up and investing in yourself!

