

# RUNNER PROFILE

## Michele Eicher

**AGE:** 35

**RESIDENCE:** Queensbury, New York

**OCCUPATION:** Physical Education Teacher K-4,  
Ticonderoga Central School District (13 years)

**FAMILY:** Husband Todd, 4 year old daughter Allyson, a  
Fish named Elmo

**M**ichele has been a member of the Adirondack Runners for approx. 5 years. Michele is a graduate of Bishop Fenwick High School in Peabody, MA.

Michele was a soccer player through college and when that ended she really did not have a sport. She would run here and there but did not get hooked until after running her first race in Granville.

On the averaged Michele runs 18-24 miles per week (depending on the season) but does like to cross train. Michele's personal best was running the Lake Placid Half Marathon in 2:04. She will compete in about 5 races per year. Her favorite distance is the 10k or 15k. If you asked her a couple of years ago she would have said a 5k only but things have changed.

Michele feels her best sports accomplishment is completing the Avon Breast Cancer 3 day 60 mile Walk. It was one of the most amazing experiences. That is what inspired Michele to sign up for the Boston Marathon coming up in April 2009 and run for Children's Hospital – she wanted to do something for an incredible cause.

Michele's worst race experience was the Boilermaker in 2007. After driving the course the morning of the race they almost missed the bus to the start! Todd was freaking out and it was stressful. Michele says she is easy going on race day and that Todd is just the opposite!!

We asked Michele what some of her short and long term running goals might be. Right now her main goal is to raise \$5,000 for Children's Hospital Miles for Miracle Boston Marathon Team and to finish the Marathon in under 5 hours. These are two awesome goals!! If anyone would like to help Michele reach her goal you can visit her blog at <http://irunforchildrenshospital.edublogs.org>, once there you can make an on-line donation or you can write a check out to Children's Hospital Boston and send it to her directly at 32 Berry Drive, Queensbury, NY 12804.

By Genevieve May



**Michele Eicher**  
**Shamrock Shuffle Road Race 2008**

Michele's running inspiration comes from wanting to stay physically fit and running and working allows her to do that. Living a long healthy life and watching her daughter grow up are on the top of her list, staying fit will give her a great chance at accomplishing both of those things.

Michele likes to train early in the morning – you can either find her running loops near her home or with the early morning Nautilus crew. Michele is a very structured person and finds the best part of her training is seeing it on paper – when it's on paper that means she has to do it. What she likes least about training is that there is no getting around not doing it. If you don't train you pay the consequences one way or another.

We asked Michele if there was anything she would like to add... She says she needs lots of HELP with her Miles for Miracle fundraising and any donations you could make would be greatly appreciated.

We also asked if she had anything unique to share about herself. Michele wears size 5-1/2 running shoes and it is horrible shopping for small feet. She can only find her Asics online. Whenever people look at her feet they say – wow you have tiny feet.

When Michele is not running she enjoys cross country skiing, downhill skiing, snowshoeing, swimming, and biking.

*"I run therefore I can eat...."*