

Sometimes the food for fuel becomes a donut even for health 'nuts'

By Fiona Green



Miles Knupp, 23, from Bedford (pictured) only signed up for the Saginaw 'Run the Rails' 5K on Saturday morning (June 5) to accompany a friend. A runner in high school and college, Miles hasn't run much in the past three years but has kept in pretty good shape, lifting weights and doing general core strength training at the gym.

Through his work as a personal trainer and physical therapy technician, Miles has a good grasp of what he needs to do to achieve peak performance. The slogan on his T-shirt, 'Food is Fuel', makes a bold statement; yet, despite following a healthy diet, he clearly allows some room for treats as his pre-race energy snack consisted of three donuts!

Miles was pleasantly surprised with his 18:18 winning time. He felt comfortable starting with the lead runners, held the pace and finished strong, barely breaking sweat (according to the awards announcer). The remarkable thing about Miles is that he runs only around 10 miles a week; last week he ran only four. He explained he would like to continue running for many more years and doesn't want to stress his body out unnecessarily. After Saturday's race, however, he is inspired to work on his speed a little and would like to approach the PRs he ran in college - 15:36 for the 5K and 9:50 for the 2-mile. With his laid-back attitude toward training and his comprehensive approach to body wellness, he probably will achieve those goals easily and still manage to have fun in the process.

(Fiona won the female title in 20:53.9)