



My LARR Story ...

Elizabeth Hernandez – Run 7

**Tell us about yourself?**

My Name is Maria E. Hernandez, I go by my middle name Elizabeth, and our Lucky Run 7 family calls me Liz. I am 27 years old I've been in and out of health and fitness for over 7 years. It wasn't until June of 2018 that I was at my heaviest weight of 198.8Lbs. Since June 2018 up until current I've made life changing decisions work not just my fitness into better wellbeing, but to also change my health's nutrition. I've dropped 50lbs. and I couldn't be more-proud of myself.

**Was there a life moment that brought you to the marathon?**

My life moment that brought me to the marathon was based on an inspirational influence. My friend was always such a badass instructor at the 24-hour fitness. She would constantly bring up upcoming races until one day she asked me when I planned to take on a marathon. She spoke with me and told me that she believed in me more than I believed in myself to complete one.

**What inspired you to do the Skechers Performance Los Angeles Marathon?**

My closest friend Florie Pineda inspired me to do the Skechers Performance Los Angeles Marathon. My why became my very own thoughts that was overflowed with doubts. I wanted to take on the L.A. Marathon to prove to myself that a CAN do it! As the season continued with the Los Angeles Road Runners, I got so many negative comments from what I would consider "friends". Comments such as, "anyone can do a marathon. What are you even trying to prove? You're probably going to walk it all. You're not even in shape to run. Etc" My why then became not only to prove to myself that I can do it, but to prove to them that their negative input was not going to drag me down.

**Tell us about your pace group, or about your friends in LARR.**

My friends in LARR this year starts off with Javier Tejada. We go way back to when I was on my 6<sup>th</sup> year of college. We've had a rough friendship and yet here we are today. I still can't get over him asking me about the LA Marathon and about LARR. I remember trying to give him enough information, but not too much to scare him. I told him I would be happy and honored to have him under our wings and get him to where he can be to successfully complete it. Although he has been out for a month due to minor injury, he still surprises me with whatever work he can put in. He even texted me after his 1<sup>st</sup> six mile run in the rain about how thankful he was for having introduced

him to LARR. I couldn't stop crying on how overwhelmed I was. I was simply passing on the same encouragement Florie Pineda had given me for my 1<sup>st</sup> Marathon ever.

**Is this your first marathon?**

This LA Marathon will be my 2<sup>nd</sup>. This year, so much has changed for me. Not just my mentality for my why, but my health and fitness overall. This year I Run LA to show myself I am strong and that all my hard work behind the homework will show in my end time result.

**What's the walking or running accomplishment of that you are proudest?**

My current proudest running accomplishment is the Revel Half Marathon at Big Bear October 2018.

Time- 1:56:55

Pace: 8:55 minutes per mile

Placement: top 10 woman's age division

**Favorite walking/running quote?**

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma. Which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

- Steve Jobs

**Favorite thing about LARR?**

My favorite thing about LARR this year has been being part of Run 7. It is incredible how much we all have gotten to know each other over the last few months. I would say, we as a whole are very chatty. One of us is doing a race one week and we talk about it, another talks about being a proud mom. Share advice or just rant about food when we all get hungry. But the one that takes the homerun of it all are my two favorite pace leaders. Nicki and Terry. This season has been very emotional for me. At times I sit with my friend Javier Tejeda and talk a little to just touch base on how our week has been. However, talking with Nicki and Terry has been one the of the best things that could of happened to me this season. They're so humble, loving, caring, joyful and exciting to be around.