

## Shelley English

Shelley English started running in her mid-forties after quitting smoking. Once she trained for and ran her first 5K, she was hooked on running. She has since run countless 5Ks and 10Ks, several half-marathons, and one marathon. Shelley is a freelance writer, and her blog “Life Up and Running” is designed to offer tips, motivation, and inspiration for runners and non-runners to “keep moving”. She also just published her first book, a “journal” of sorts titled “Monday Motivation: 52 Weeks of Inspiration to Keep Moving.” Shelley’s favorite running companions, in addition to the awesome Reno running community, are her pups Maddie and Milo.

