

May Member of the Month

Dorothy Kovar

What activities do you enjoy outside of the Fitness Center?

I really enjoy traveling with my husband and I should say active travel. There is nothing better than seeing the sun come up on a run in a new city. We have one son in Boston and the other in Brooklyn so great places to explore.

What is your favorite exercise to do at the Fitness Center?

Not sure that it is my favorite exercise but I spend the most time on the treadmill during the dark and icy winter months. I am part of the early morning crew so it is great to hop on the treadmill and get both my legs and brain to wake up.

What do you feel is your biggest achievement in fitness?

I have been a casual runner for many years. I decided to get involved as a coach with Girls on the Run a few years ago. The program inspires girl empowerment by building confidence, kindness and finishes with them running a 5K. I decided if they could run their first 5K I could run the TC 10 Mile. Then inspired by my Girls on the Run team I ran a qualifying time for the Cherry Blossom 10 Mile in Washington, D.C. It was amazing running in Washington, D.C., past the incredible monuments with the trees covered with beautiful pink blossoms. It was hard not to stop and take pictures like a tourist. Running the Twin Cities Marathon just seemed like the next race to put on the schedule. So with the support of the Fitness Center staff, the morning Fitness Center gang, friends and family I crossed the finish line in October at the Capital!

