

A Conversation with Jessica Kraus

continued

Q As a marathon runner, how does your work complement your running habit — or vice versa?

A Marathon training is time intensive — to say the least. It takes a lot of planning and multi-tasking to make sure that I'm prepared for race day. Working here at MIT is no different. There's always something going on, and usually several things at one time!

Q Did you run a lot when you were growing up and how did you find that in comparison with the running you do around the Boston area?

A I never ran so much as a full mile before coming to Boston.

NYC had those yearly physical fitness tests and one of them involved "running" a mile in less than 15 minutes. Let's just say that I didn't even run that straight through. I wasn't a runner growing up, but I was very active. I played a lot of sports, albeit not very well! From a young age I was on the swim team and also played soccer, basketball, and tennis, the latter of which I played through high school and into college.

The summer before my junior year of college, I managed to completely tear my ACL while working as a counselor at a tennis and sports camp. It was awful, and painful, though not as awful and painful as recovering from surgery.

I remember my checkup appointment where my surgeon told me that I'd probably never run without pain, a little by-product of the two screws that would forever be in my knee. I also remember thinking "Yea, sure, whatever." Six months after surgery, I was running (mostly) pain free. Since then I've run so many races, including 11 half marathons, and 3 full marathons.

Q What are your favorite Boston things to do – as opposed to what you did in New York?

A I love exploring the city. New York City has always felt huge to me. But, in Boston you can literally walk from one side of the city to the other in one day. It's pretty neat that I've started a run in Somerville and made my way through almost every neighborhood in the city.

Q If you got to do your wildest dream job, what would you be doing?

A In my wildest dreams, I'd be planning fundraising events for a non-profit organization. It wouldn't hurt if I could also travel the world!



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