

# Dr. Jill Field

By Mackenzie Lobby



**F**or many of us, running is an undeniable passion that has become an integral part of the fabric of our everyday lives.

A doctor at Lyn Lake Chiropractic and a former Gopher runner, Dr. Jill Field knew early on that she wanted to run. It all started in Barnesville, Minn., when the ninth-grader Field decided to take on the school board and petition for the creation of an organized cross-country team. "I wanted to show the people who said that I couldn't run that I could. It fueled the fire," Field says. She made it worth their while with multiple trips to the state championships over the years. When Field isn't out training, the eight-time marathon finisher with a 3:04 PR is treating other athletes and patients at Lyn Lake, which is the official chiropractor of the Medtronic Twin Cities Marathon. She explains simply, "I want to help people do what they love." Field has certainly found her niche in the Twin Cities running community. If she's not out on the roads herself, you can bet her patients are blazing trails.

## **What inspires you to continue getting out the door every day to run?**

My daily running is a result of my pure love of the sport and being outdoors. With running, you just have yourself and the watch to answer to. You can step out your front door and you can end at your front door. It's so nice just being outside and having your own time of solitude. I still have that little competitive drive

within myself, too, so I like setting goals and achieving them.

## **What keeps you coming back marathon after marathon?**

It's truly the love of being out there. Marathons are such a fun event. Everybody comes out and they cheer for you and you're running with thousands of other people who, for the most part, love what they are doing. There are so many people who have worked towards this goal and are accomplishing it. I think every time when you finish the marathon, no matter how good of shape you are in, it's still going to hurt. It's just about knowing that you didn't give up that day.

## **Do you like mixing business with pleasure, treating endurance athletes?**

I love it. I have a passion for running and sport in general. It's great to be able to help other people continue doing what they are passionate about. If they're injured, it's about getting them back out on the roads, or the bike, or the pool and doing whatever it is they love. There is a big pride factor in it. We get so excited for people, whatever their goal might be, whether it's to break a major time barrier or simply to finish a certain distance. It's also exciting getting to work with all the professional athletes and hearing about all the amazing times they are running. But then on the other hand, sometimes it's just as exciting hearing

about somebody who just finished running (his or her) first half or marathon. I just hope that running can help people feel like they can accomplish something every day and that it sets them up to do greater things in their lives.

## **Was it your plan all along to work with athletes?**

It really was. In high school I had several injuries so I had seen a handful of doctors. I had one doctor and one trainer who really helped shape me, and I wanted to be like them as far as helping people do what they love. I wanted to work with athletes and teach them. I tell athletes that if I say "don't run" it's not because I think running is some crazy sport, but it's because they truly shouldn't be running right now. That's when I get to work trying to get them back on the roads as quickly as possible.

## **What's your next race or running goal?**

It's going to be at the Chicago Marathon in the fall. I'm hoping to break the big three-hour barrier. Once I get there I'll decide whether to run for the pure love of it or, who knows, maybe it will fuel the fire to be even more competitive. ■

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