

Jenks featured in Running Times

Written by Metro Sports Report

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Stephanie Jenks is a cover girl.

The distance star from Linn-Mar High School is featured in the new edition of Running Times, a magazine devoted to running and everything that goes with it.

Jenks is pictured on the cover of the magazine and is the subject of a two-page article, complete with four more pictures and her training log for a typical week.

The title of the article is "A Balanced Approach," and explains how Jenks used the triathlon to help further her running career. Jenks won the silver medal in the triathlon at the Junior Olympics in China last summer, but she's put the triathlon aside to focus on running.

As it turns out, Jenks likes peanut butter and jelly sandwiches (she typically eats them twice a week for lunch) and she might want to run the steeplechase in college. She normally runs 38 miles per week as part of her training, with a 10-mile run on Mondays and seven-mile runs on Tuesdays, Thursdays and Saturdays.

Jenks, entering her senior year at Linn-Mar, is one of the most distinguished distance runners in state history, with numerous titles at the state track meet and Drake Relays. She won a state cross country title as a freshman, but stopped running for the Linn-Mar cross country team after that in order to enter open races against college runners.