

Post Crescent

## **Passion for running takes time**

By Gloria West

February 8, 2008

It definitely doesn't come in a day. Nor does it come in a week, several months or even years. Finding your passion and following through with it takes time.

When you do, the feeling is like a magnetic pull that forces you to start the fire.

The evolution of college student to entrepreneur does not happen with the snap of the fingers.

Appleton's Renee Rentmeester took the time to follow her passion, her magnetism, her force and the start of her "fire."

She is a passionate, athletic, entrepreneurial woman with her own kick boxing studio.

Like others whose passion becomes their livelihood, Rentmeester took baby steps to get there with her first steps coming in college.

She spent hours on the basketball court at the University of Wisconsin-La Crosse, even more hours with studies and finally hours of grappling with the question that hits most of us — "What do I want to do with my life?"

She graduated from La Crosse with a degree in Exercise and Sports Science with an emphasis in Sports Management.

In the midst of the footsteps of Michael Jordan, Renee spent a year mingling with the Chicago Bulls in their marketing department and continued to explore a few more positions in the "sports world."

Her passion was always in the fitness industry, as well as a heightened interest in her personal overall fitness.

Her path followed to local workout facilities, while she fell in love with it all: group fitness, fitness classes, kick boxing, personal training to name a few.

In addition, her workout hunger has also been balanced, well perhaps more accurately stated "complemented" with many hours of swimming, biking and running. These essentials of the sport of triathlon again drew her magnetic, fiery energy to sign up for her first triathlon and now she is in love with the sport.

So in 2006, when she moved to Appleton, she joined the local "Fox Tri Club" where she could share her fitness interests.

She found everyone extremely friendly and willing to share his or her knowledge. For her, the club's biggest asset is the Tri 101 classes because they help those new to the sport gain confidence to do their first triathlon.

She admits, "Although my times aren't anything special, I have definitely caught the bug for competing and decided I wanted to put some structure and focus into what I was doing."

She was referred to Mike Pierson with Your Training Zone and feels it had been one of the best decisions she has made by far.

"Mike offers a unique approach to training since everything is based on the physiology of our bodies," she said. "Being that I am in the fitness industry, I love this approach. He has taught me that it is not all about trying to go faster and harder every time I train. It's about finding ways to increase my aerobic base. The results speak for themselves."

She finally hit the fitness jackpot. Her passion for working out paid off.

Her ecstatic results were followed by an ecstatic idea. In January 2007, she took a leap of faith and opened the doors to the first Ellipse Fitness franchise in the area. Her talent and belief is evidence in how easily, yet deeply she motivates her clients toward their own fitness quest. Tough work for a tough girl.