

10 QUESTIONS (08/19/09)

1) NAME & NICKNAME(S):

Carolyn, Caro, CK, Hey you

2) AGE (OR AGE GROUP):

32

3) FAMILY / PETS / LOVED ONES:

I have 5 siblings (and 4 bro's/sis's in law), my parents, a step dad, 2 nephews and 2 nieces.

An awesome running dog named Tucker. I have too many people I love to mention them all!



4) SCHOOLING:

BA Alverno College, Milwaukee, WI (Community Leadership & Development)

MS University of Wisconsin-Milwaukee (Urban Studies)

5) OCCUPATION: Grant Writer/Project Mgr for local economic development org.

6) HAS BEEN RUNNING WITH THE VIG GROUP SINCE about 2 years (yes I'm inconsistent!), AND GOT INVOLVED BECAUSE: both Mick Karls and Russ Gates (thanks guys) suggested it for getting faster! It's working guys!

7) NOTABLE ACCOMPLISHMENTS (RUNNING OR OTHERWISE): Overall, I think being a good person is my greatest accomplishment. In addition, helping to raise my adopted special needs brother. Celebrating small accomplishments are key!

Ironman 70.3 Boise, 2008

Portland Marathon, 2008

Ironman 70.3 Calgary 2009 (cut off 49 minutes from Boise)

Spokane to Sandpoint (2009) had some PR's! Running for your friends makes you much faster than just running for yourself!

8) GOALS (RUNNING OR OTHERWISE): Continue to be a good person. Ironman Wisconsin 2010; eventually make it to Boston Marathon (I may have to wait it out until my age group fits my pace!)

9) PHILOSOPHY OF LIFE / PERSONAL MOTTO:

Powerful Women: Live your life in such a way that when your feet hit the floor in the morning, Satan shudders & says... *"Oh sh\*t....she's awake!!"*

I have a favorite quote from Gandhi about keeping your life positive (which CAN co-inside with being a powerful woman), but I think someone else on the list summed it up, as just trying to be the person that your dog thinks you are.

10) OTHER INTERESTING TIDBITS:

My 2 sisters, my mother and I all went to Alverno College and in total, have received 4 Bachelor's degrees, and 1 certificate. (I was lucky enough to be able to participate in 2 graduation ceremonies.. the one pictured is my younger sister, but also participated with my older sister as well!)

