



Karen Powell, 37 (5/14/08)

Married to occasional vig “bircher” JP Crowley; mother of Nate (7) and Grace (4), live with retired canine running companion Ember and not-yet trained Mochi.

Currently a tax lawyer and recreational triathlete. This is the only photo of me I could find on my work computer. (Thanks from Amy Sprouse’s brother) Check out Jeff Thomas in the back! You will recognize me at the track because of the pink sunglasses.

Started running 7 years ago last month (ack). Started to come to the track to overcome my phobia of running and runners. (Not a joke). Stuck with it because it turns out that runners really aren’t as scary as I thought AND vig folks are nice people. Offered to help with the cedars for selfish reasons – recruiting more people who run my pace.

This year’s goal: Do well at Olympic-distance triathlon Nationals in the fall. (Which means getting faster on the run.....)

Sender: Tom Furlong

Subject: Re: [vig] Can't let Russ have all the fun at work.....

Date: Wed, 14 May 2008 18:17:26 EDT

To: vig@npogroups.org

and what karen so humbly neglected to mention....she is one of the best woman ice hockey