



## What inspires you?

□ A tough workout, pedicures, girl time, PINK, sushi, a clean house, springtime and a Kokopelli!

Janet Freeman (Mom, Ultra runner)

□ Hard work and sunshine.

Meredith Terranova (Ultra Runner, Registered Dietician)

□ The belief that I can do anything I set my mind to.

Nancy Warren (Mom, Ultra enthusiast, gets up at 3 A.M. to work out!)

□ Running empowers me. I think so many women are weak because they don't try. I was like that. But, then I ran and finished a marathon and I knew I was capable of more than I had ever thought.

Pamela Madigan (Race Director, Coach, Running Enthusiast)

□ Life's too hard to be soft.

Sandra Ross (Mom, Business Owner, Ultra Runner)

□ Running is my "ME" time!

Beth Kesler (Runner, Health Enthusiast)

□ Mountains and fresh air.

Anonymous

□ The seven sacraments of running: hills, rocks, ridges, valleys, streams, wildlife, oxygen.

Anonymous

□ Running is a religious thing. I commune with the trails, trees, rocks and hills.

Anonymous

□ What empowers me to "Rock" is release. When I run I am released from demons. When I run, I am released from expectations. When I run I just surrender to the wind and my body. When I run, I am the athlete that makes Olympians. Then, when I am done, I am back to reality.

Anonymous

□ The trail, the sun and the wind! Though, it's a headwind at the moment!

Anonymous



## What inspires you?

- Being able to cover more ground in the wilderness than any man or machine out there! I'm working on animals as well!  
Francesca Conte (Ultra Runner, Race Director, Business Owner)
- Facing the aging process and my mortality  
Michelle Cullenward (Ultra Runner)
- Solo adventures.  
Christina Walsh Curley (Teacher, Mom and Outdoor Enthusiast)
- Running keeps my sanity; builds new friendships, provides fun and laughter and kicks my ass!  
Terry Kalb (Ultra Mom)
- Traveling empowers me. Going to a new place, seeing new things, and figuring out how to get around or interact with people who speak a different language, always makes me feel confident and energized.  
Katie Martin (Research Director, Weekend Warrior)
- Being reminded of the strength I often times forget I have.  
Amy Schmich (Mom, ultra runner, business woman)
- Being a mom, coaching and running all empower me.  
Carla Kehoe (Mom, Coach, Elite Masters Runner)
- Don't take the free ride in your own life. If you want something go after it. It's always worth it!  
Trish Godtfredsen (Ultra Mom of 4, Retail Therapist)
- Chocolate and bragging rights!  
Laurie Abrahamsen (Ultra trail Enthusiast, Coach, Mom, Business Owner)
- Leave it ALL out on the trail...blood, sweat, tears, and agony. Pain is temporary, discovering what you are truly capable of is forever.  
Monica Moore (Ultra Trail Runner, Mom, Education Specialist)
- I am able to rock because of my mom. I'm constantly thinking, "What would my mom have done?" She rocked everything she did. Todd always supports anything I want to do. He also believes in me so I think I can do anything. And, my son, Robby inspires me because I want to make him proud and be a good role model.  
Robin Silski (Mom, Teacher, Rowing Champ, Outdoor Enthusiast)