

Athletics Background

Running Personal Records

<u>Event</u>	<u>Time</u>	<u>Date</u>
800m	2:20.26	2/13/2015
1 Mile	5:13	2/6/2016
3 km	10:48	1/2/2010
5 km	18:32	9/12/2010
10 km	39:55	12/11/2011
½ marathon	1:28:39	3/18/2012

Other Running- Related Activities

Recent activities:

Providence Ronald McDonald House Running Club, 2007-Present

Member of Executive Council, Publicity Coordinator for Annual Women's Classic Road Race; track coach for adult running club

United States Olympic Trials, 2016, Eugene Oregon

1,500 meters Master's Exhibition Race participant

Race Director, Performance Physical Therapy 5K, 2014, 2015

Directed all aspects of 5K community road race for over 400 participants

USA Track and Field Member, 2007 - Present

2010 and 2014 Master's National Age Group Champion, 800 meters and 1 mile

Active 5 K road race participant, 2000-present

Raced in over 50 New England road races with numerous top finishes

College:

Division I soccer player, Fairfield University; MAAC All-Conference athlete; Commonwealth Coast Conference, All-Conference Soccer and Cross Country, Regis College