

Runner in the Spotlight

- Tell us a little about yourself, your family and your job.
I am originally from Corpus Christi, Texas. I moved to Waco in 1986 right after college and began my working career as a Park Ranger with the City of Waco Parks and Recreation Dept. I have a Bachelor of Science Degree in Forestry and had the privilege of being one of the first Mounted Patrol Park Rangers for the City of Waco. During this time, I met and married my husband David, a Police Officer with the City of Waco Police Dept. Our son Joseph is in the 8th. grade at China Spring Middle School.
In 2004, I was selected for the job as Program Coordinator for the newly built City of Waco Lake Waco Wetlands. I have the pleasure of not only working for the City of Waco, but getting to interact with "real-world" scientists from Baylor University, MCC and TSTC. I continue to work outdoors, but in a wetter environment!
- How long have you been running?
I have been running off and on for most of my adult life. I started in college and continued just recently and consistently since 2007. I have always enjoyed running but just did it for the exercise. Now, since joining the Waco Striders, I have set goals for myself; i.e. 5K races and half-marathons.

- Any other sport interests?
Not really, running is so much easier to do and not a lot of time needed to just get up and do it! You will most likely find me yelling at my son's soccer games at the HOT Soccer Complex. Other than that, I like watching football on t.v.!
- What is your motivation for running?
Mostly for the health of it. My main motivation is my mother's health. She suffers from diabetes, has had two heart attacks and had breast cancer. So knowing all this, I have tried to curtail that by eating healthy and exercising.
- Do you have a favorite quote or saying?
I guess my favorite quote or saying is, "You are Stronger than You Believe". That rings true every time we (Waco Striders) run our practice runs or finish a race, we know we can accomplish anything.