

From Middle of the Pack to the Podium:
The greatest ways to improve your ultrarunning even while juggling your busy life

- Begin with my history and background
- Discussion on JB PCT hike
- Talk about first Ultra - December 2003 (photo)
- Running years of 2003-2006: Lessons of beginning running, working full time and barely training at all
- Moved to San Francisco 2007, ultrarunning life began in Bay Area
- Coaching by Scott Jurek- discuss key principles
- 2008, First 100 mile race- lessons
- 2009, Beginning to learn and podium- What changed?
- 2009, Ran 100 miles for 30th birthday (photos)
- 2010, Birth of first baby
- 2011-2013, Elite career began. Core principles for being a mother, juggling busy life, training and how to apply to your life
- 2014, birth of 2nd baby
- 2006, Present, busy full time career
- 2015, New coaching, new invigoration, new training and key principles of success.
- Hit topics with videos, hit career highlights, lessons learned and how I improved.
- Lots of fun stories of races, memorable events and photos