

CHARLOTTESVILLE TRACK CLUB BOARD NOMINATION BIOS

SILVIA BARRETT

How long have you been running and how did you get started?

I was having some foot problems, and a friend recommended reading Born to Run. I started running in June 2012, and the Charlottesville Women's 4 Miler was my first race.

What is your involvement in the local running community (races, volunteering, etc?)

I started running all the local races I could after that first one and joined the track club. I love the Charlottesville 10 Miler and the training program! In 2015 and this year, I used the 10 miler training program to build up my training for my half marathons a few weeks after, including the Park to Park in Waynesboro. I volunteer at a few races every year, and this year I also volunteered as a Pink Lady for the CW4M training program.

In what ways would you like to help improve the local running community?

I would like to reach out to more youth, and I would like to see if it would be practical to offer introductory or beyond running clinics, or seminars aimed at older runners. I've enjoyed both clinics I attended in the past and would like to help organize more if there is interest.

Some personal tidbits (other interests, accomplishments, etc.)

My husband and I homeschooled our two teens from the beginning, and I have volunteered for many years for the Organization of Virginia Homeschoolers, serving 5 years on the board of directors, several as treasurer. While on the board, I also served as the vendor chair for our annual statewide conferences. I'm a voracious reader and love studying foreign languages.

LEAH CONNOR

How long have you been running and how did you get started?

I've been a long-distance runner since the winter/spring of 2007 when I began training for my first half-marathon. My first local race was the Martha Jefferson 8K Run in 2007. Since then, I've completed 27 marathons, dozens of half-marathons, ten-milers, 10Ks, 5Ks and the Mile. I love races! :)

What is your involvement in the local running community (races, volunteering, etc?)

I began volunteering with the Charlottesville Track Club in the summer of 2008 by offering to redesign and expand the CTC website. I re-organized the site and added race results from as far back as 1985 as well as reviews of marathons and half-marathons. I've designed and maintained websites since 2009 for the Women's Four Miler Training Program (W4MTP), Marathon and Half-Marathon Training Program (MHMTP), and the Charlottesville Ten Miler Training Program (C10TP). I also create the online registration forms for many CTC-sponsored training programs and races. In addition, I've created logos and shirts for the MHMTP, C10TP, Charlottesville Ten Miler, Bruce Barnes Mile, Rivanna Greenbelt Marathon, and Kiwanis Independence Day 5K. I smile whenever I see someone around town wearing a shirt I've designed and get even more excited when I spot one at an out-of-town race!

In what ways would you like to help improve the local running community?

I would like to continue to use my graphic design and web management skills to improve the CTC website and the look & feel of other CTC-sponsored training programs, races, and future projects. In December 2009, I became a RRCA* certified running coach and would like to help develop new training opportunities for walkers and runners of all abilities. I'm also interested in helping to organize "fun runs", social events and programs for kids and their parents. In the spring of 2014 I became a RRCA certificate race director and have directed 4 marathons. I'm also interested in adding more low-key, inexpensive events at local tracks or Riverview Park

Some person tidbits (other interests, accomplishments, etc.)

I'm the mother of two -- Leary (age 14) and Annalivia (age 12) and the identical twin sister of a runner who lives in Philadelphia and has beat me in a couple marathons. :) My family and I moved to Charlottesville in the summer of 2006, but I never felt like I was part of the local community until I started running. It's been fun and rewarding to share the roads and trails with so many interesting and friendly people.

MIKE GAFFNEY

Mike Gaffney has lived in the Charlottesville area for over 35 years and is a graduate of **Darden's MBA for Executives Program**. During his career as a home builder, he has built more than **350 custom homes** under the Gaffney name. Mike has extensive experience in all areas of residential real estate market and has in-depth knowledge of the Charlottesville area, including its many resources and activities the community has to offer for all ages and activity levels. He is continuing his second career as a **Realtor with Montague, Miller & Co.** Mike earned many awards during his years as a builder including a **National Pacesetter Award from Custom Builder Magazine** and the **America's Best Builder Award from Builder Magazine and the National Association of Home Builders**. Mike has also been honored for his business acumen and his involvement in the community with the **2002 Charlottesville Regional Chamber of Commerce's Small Business Person's Award** and the **2012 Paul Goodloe McIntyre Citizenship Award** which "recognizes outstanding citizen contributions to our Greater Charlottesville communities." This was awarded in recognition of his stewardship in guiding the Charlottesville-Albemarle Community to the completion of the Community Water Supply Plan and the Ragged Mountain Reservoir expansion as the **Chairman of the Board of the Rivanna Water and Sewer Authority** from 2003 to the present. Mike is an avid runner and has run more than 15 marathons. He also loves to hike, ski, raft, and visit the local wineries! Mike's wife Lise is a project manager for GE's Global Growth Operations, Mike has two children, Jessica who is an Event Planner at Farmington Country Club and Brian who co-owns and operates The Flat, a craperie on Water St.

JAIME KURTZ

I'd like to nominate myself to the CTC board. I'm passionate about running and about our community and I'm grateful for all that running has brought to my life. I've volunteered at local races such as the Men's 4 Miler, VIA 5K, and Women's 4 Miler, but - because I like to take part in running the races - I haven't been able to volunteer as much as I'd like. I want to have more of an opportunity to give back and feel like a position on the board would allow me to do so. A bit more about me: I'm a UVA grad and have lived in Charlottesville since 2010, following a four-year stint living (and running) out west. I've raced distances from 5Ks to marathons to half-Ironman triathlons. I'm currently in the marathon training program getting ready for Richmond. Qualifying for Boston is my big goal! (And I'm certain that running is the only thing in the world that could get me excited about turning 40 -- five extra minutes added to my BQ time!) I'm a psychology professor at JMU, where my primary research focus is on happiness, savoring, and "the good life" --- all of which goes pretty well with running! Thank you for your consideration.

NICOLAS RUDMAN

Hi my name is Nick Rudman and I would like to volunteer for the CTC Board. I have been running since 2011 and have completed 8 marathons. I am a current CTC member and have volunteered for local area races along with running many local races. I have no conflicts and think it would be a great way to give back to the local running community. I am willing to serve for a two year term. Thanks for the consideration.

SUZANNA TURANYI

Running was always one of my passions – after a brief stint as a sprinter in 4th grade, I have started running again in college, just for the fun of it. My first race was the 10 miler in 2005 - it was an amazing experience, got me hooked on races and I never looked back. Since then I have completed more races than I can count, including 17 marathons and ultramarathons. Because of running, I am healthier, found new friends and happier. I have been serving on the CTC board for 2 years, with the goal of trying to give back something to the local running community, from whom I have received so much.

SCOTT WISEMAN

I became acquainted with the CTC and running in general seven years ago when my neighbor talked me into doing the Men's Four Miler Training Program. The experience was transformative, and by a snowy Saturday in December, I was a runner. Ever since, I've sought out ways to help others enjoy similar experiences, as my M4M captains did for me. I've captained for M4MTP and C10MTP several times. I enjoy connecting with folks that struggle just to finish. Everyone enjoys a PR, but your first is always special, especially if it was uncertain. I've been involved with timing and results at races for about three years. I like to help CTC become even more of a resource for charitable groups that want to put on their own races. My family and I appreciate greatly what the running community has done for us. I'd like the opportunity to pay it back.