



I live in Greenwood Village, Colorado with my wife Lisa, daughter Addison, and our two dogs Gracie and Bear. I grew up outside of Atlanta, Georgia and moved to Colorado just about 20 years ago. Upon moving to Castle Rock, Colorado, I fell in love with the outdoors and the active lifestyle that Colorado embraces. Running became a passion 5-years ago and I have been drawn towards road races, endurance challenges, and pushing my own physical and mental limits through running. In partnering with NORD, my goal is to assist in raising funds and awareness for a tremendous cause, but also support my oldest and closest friend's family and their daughter who was recently diagnosed with Cystinosis, a rare disorder.

My favorite running memory is the moment it "clicked" in my brain that I enjoyed running. Prior to this moment running was always seen to me as a punishment, or a necessary evil to stay in shape.

One day, I went for a run and just kept going, before I knew it I had run 8 miles and was hooked. The one song that will always be on my running playlist is 'Naive' by The Kooks. It's a funky, high tempo song that always seems to come on and gets me pumped up at the exact right time.