

## **Carmen Cruz - Head Run Coach (Nassau)**

Carmen has been involved with TNT since 2002. She was always a short distance runner until she got the marathon bug eight years ago. Carmen has completed 15 marathons and numerous shorter races as a participant, mentor and coach. She has ran Chicago, NYC, Disney, Marine Corps, Arizona, Steamtown, Philadelphia, Burlington and Boston marathons to name a few. She has coached Disney, Nike, Long Island Half Marathon, Chicago, and San Diego Rock n Roll. Carmen is also Road Runners Club of America Certified Coach and a conditioning coach for her daughter's soccer team.

Carmen was inspired to join TNT when she met a patient hero, Peter Macaluso at an information meeting. After hearing his struggles with cancer and how mentally strong and positive he continued to be, running 26.2 miles seemed easy compared to what he had to go through. Although Peter passed away on October 2004, she continues to motivate others with the positive energy that she got from her first inspiration. As a TNT coach, she is helping in one way to find a cure and believes that every participant regardless of speed or talent is a hero to many. Her personal advice to new participants: Be consistent with your training and not "to do too much too soon" to avoid injury. Most importantly, never underestimate your ability and mental strength. You have an amazing power to overcome challenges and achieve your goals. She encourages you to enjoy the camaraderie and warmth of the TNT team. Together we make the impossible possible!

