

## **Jennifer Taggart**

Jennifer came to Team In Training as a participant in 2005 after watching her best friend lose her mother to leukemia. Since then, Jennifer has been involved with the Team as a participant, mentor and coach and has completed 8 marathons including New York, Boston, Philadelphia and Chicago. More recently she has also been doing triathlons with TNT including a Half Ironman this past June.

Her advice to participants is to follow the training schedule and REST when it calls for rest. Following the schedule WILL get you to the finish line of your race... doing more than that could prevent you from even getting to the starting line!

