

Sharon Carver 4:45 Pace Leader

I am 47 years old, mom of 2 children (Bella-4, Earl-18). I live in Henderson, KY and work as a personal trainer, Health and Wellness Coordinator, and Merchandise Manager. I have worked in childcare, business management, retail sales, event promotions, marketing, in a machine shop, and personal training. I love helping others achieve health, wellness, and fitness goals. I started my own wellness journey in 1992 as a smoker and weighing in at almost 200lbs. I was tired of feeling lousy and decided to start running. I could barely run from one telephone to the next. Each day I added a little more, and I never looked back. I went on to run my first marathon within 6 months. Since then I have ran Boston 3 times, Chicago, Indy Twice, NYC, Marine Corps, Disney Twice, Tampa, Philadelphia, and Illinois. I like to continue to challenge myself mentally and physically. I've done a few Ultras and will be doing the Bourbon Chase on an Ultra team as well as the Barkley Fall Classic and Tunnel Hill this fall. My motto...Keep learning, keep challenging yourself, and don't stop moving forward. I'm looking forward to running Bowling Green and helping people cross the finish line. Let's make some memories!!

