



Terri Jaksha's Athletic and Professional Background

Competitive Swimmer	<p>7 years as a competitive swimmer</p> <ul style="list-style-type: none"> - Joined team in 7th grade unable to swim - Co-captain of high school team, voted Most Valuable Senior - Swam Freshman year at University of Wisconsin - Eau Claire
Software Developer	<p>Bachelor of Business Administration (University of Wisconsin - Eau Claire, 1990)</p> <p>Masters in Software Systems (University of St Thomas, 2001)</p> <p>30+ Years in IT (Cargill, SUPERVALU, Born, Medtronic, Target, Allianz, Polaris, G&K, Cintas)</p>
Competitive Bodybuilder	<p>20 Natural Bodybuilding competitions (1989-2013) at ages 21 - 46</p> <p>100 unassisted pull-ups in one workout (4 sets of 25)</p>
Competitive Powerlifter	<p>Deadlifted 350 lbs (weighing 125 lbs)</p>
Runner	<p>2 x 5k (TCO Vikings 5k, Hopkins Royal Tri run only 2019)</p> <p>1 x 10 mile (2019 Goldie Gopher's Run)</p> <p>1 x 26.2 mile (2018 Twin Cities Marathon)</p>
Triathlete	<p>10 x Sprint distance triathlons (2014-2021)</p> <p>5 x Olympic distance triathlons</p> <p>1 x Half distance Aquabike</p> <p>3 x Half distance triathlons</p> <p>1 x Full distance triathlon (IRONMAN Wisconsin 2021, featured comeback athlete)</p> <p>BASE Performance Team Ambassador (2022)</p> <p>Dixie Devil Team (2022)</p>
Bicyclist	<p>20 x Centuries (100+ miles) in 2020</p> <p>21 x Centuries (100+ miles) in 2021</p>
Cancer Thriver & WFPB Nutrition Advocate	<p>Diagnosed with Colorectal cancer in 2016</p> <p>Completed 6 weeks of chemo & radiation, then became Whole Food Plant Based</p> <p>Celebrated 5 years cancer-free in 2021</p> <p>Certified in Plant-Based Nutrition at eCornell's T Colin Campbell Center for Nutritional Studies</p>