

MIKEY BEAL “DIVER”

Hey guys! It's been a great year in the world of Corn Fed Spartans, and I've been so happy to see so much positivity and support of the current board, and I hope that everyone has been thrilled with the year thus far. We've had great events, a lovely gear order, and great race representation. And I would like to believe morale is higher than it has been in a long time.

Alas, here we are back at election time and I'm back to be part of the crew once again! For those new faces that joined earlier this year, I guess I'll introduce myself:

I'm Mikey Beal, member since 2016, and a board member for the first time for 2019. Ever since my first race I've believed in everything CFS stands for, and if I had to say the mantra in an acronym: Courage, Family, and Solidarity. We've always stood together as one unit. I stand at my tallest when it comes to our legacy: the Guardian Heat. While most race companies and racers are staying competitive, I like to believe in those trying to cross their first finish line, or those who are struggling to gain that tough medal they thought was out of their reach.

In 2020, I'd like to be able to race more often (I had a lot happen in 2019 that made finances super tight, and a baby coming in 2020 mayyyy do the same. Not sure), because my CFS family is everything to me. I'd love to see all of my loves as often as I can. I'd also like to get more gear out there! I love our logo, and our story, and I'd wear it all over proudly. I do hope you all feel the same. There's more, but I'd like to not be so long winded. If you have any questions at all, feel free to tag me! See you all in 2020!

DAVID BRUNS “THE ENGINEER”

Education

Bachelor degree in Industrial Manufacturing Engineering.

Brief history about me.

I found racing and did my first race in 2012 and was immediately hooked. I proceeded to meet the best team ever in 2013 at the Chicago Spartan Super. My first official event as a Corn Fed Spartan was the 2013 Indiana Warrior Dash. It was then that I knew I was going to be part of something great. Towards the end of 2013 I became part of the Gear Committee whose job was to search out and create awesome Corn Fed gear and make it available for the team. Shortly after this, the team hit a major changing point and big changes in leadership had to be made in 2014.

My past as a board member.

Back in 2014 I decided that I wanted to be part of the reason that Corn Fed would turn things around and be here for the long haul. I wanted to make sure Corn Fed would be here for all the new and current members looking for a helping hand on and off the course. As I have been an elected board member since 2014, I have served the most consecutive terms of any board member since the board was established. I had a passion for this team back in 2014 that I still have to this very day.

Times Change

I stated this last year but Corn Fed was, and still is the most recognizable team in OCR and I do not know if that will ever change. We have had growing pains over the years but I think that is because the sport is different now than it was before. Back in 2012 and 2013 OCR was still new to the masses and trying to get your friends to do an event was hard if not impossible. Corn Fed back then was epic because of all

the like-minded people that had a similar interest in something most people would not attempt. You had a group of people to race with even though you did not really know them from your personal group of friends. Keep in mind we were a group of several hundred so most people knew everyone else and it was easier. Now we are a team of 3000+ members and it is harder and harder to keep track of who's who. At the end of the day though we are all Corn Feds and that's what matters. We all came from somewhere and we do this stuff for our own reason. Corn Feds celebrate each other's achievements and we are here to lend a helping hand to whomever needs it on or off the course. Corn Fed is still the best team in my opinion and it is still very needed. Times have changed and I hope I can be a part of leading the team into this new era of racing we see developing before us. The large OCR teams are starting to disappear as they start to splinter off into smaller teams and I do not want Corn Fed to be forgotten.

Some things I accomplished this year for the team:

- Working with the fellow board members for reviewing gear orders, charity fund raising ideas, helping create ideas to get the team more involved, and many more conversations about the team over the past year.
- In 2019, I continued to take on more of an leadership role with the CFS board. Running the monthly meetings and setting up agendas for around half of the year were some of the responsibilities.
- I hosted a month-long story for the zombie step challenge, which included medals and finisher awards. The final donation numbers are still being tallied but the CFS event raised around \$650 total for charity.

2019 Goals if reelected

- There were a lot of conversations for gear sourcing this year and sourcing a permanent gear store that is affordable and available at all times throughout the year is still on my to do list. We have to keep trying the ones we find until we find the right one for the team.
- Having specific positions and responsibilities for the board members was loosely done this year. Because we all worked together so well it did work that way but I think it could be improved. In 2020, I would push for having more specific positions and responsibilities to help streamline the work going on within the board.
- I would continue to collect ideas from the board in January and make sure we get some great things done throughout the year. It really helped us to do some awesome things in 2019.
- Continuing to organize ways to get the group reconnected so we can really be a presence at races again.
- Continue to design and host several step and fitness challenges throughout the year to keep the team active all year long.

In closing

I've spent years being on the board because I feel it is my way to give back to the team that has given so much to me. If it wasn't for this team and family my life would be so much different. Not having the people that I've met here in my life today would have made me a different person and I am thankful for the years I have been able to serve on the board. I hope to be able to continue to serve on the board and to give back to the team that has given me so much already.

LAURA BRUNS “GIZMO, CIRCLES”

I graduated from Valparaiso University with a BA in Art and a focus in Business Management in 2007. From 2007-2016 I worked in the portrait industry and couple other jobs in between. In September of 2016 I moved from my home town in Crown Point, IN to Fort Wayne, IN. I am a member of Emmaus Lutheran Church of Fort Wayne. I work fulltime at STAR Insurance as a Life & Health Specialist and I also work part-time at Fred Meyer Jewelers a few days a month.

I was introduced to Corn Fed Spartans in June of 2013. Later in 2013 I held a spot on the Events Committee of Corn Fed Spartans. I worked with the committee to help make possible the New Year's event of 2014 at Dirt Runner. I thoroughly enjoyed putting together our team's calendar for 2015, 2016 and 2018. I organized the 100 mile challenges for 2016. I organized the 3-month long Summer Daze Challenge for 2019. And I organized our Gift Exchange in 2016, 2017, 2018 and am currently organizing this year's.

2019 was an exciting year for Corn Fed Spartans. We hosted three successful team challenges generating funds to donate to both our charities, Oscar Mike and Lurie Children's Hospital. There was also a gear order (which included a hoodie I now live in) and some really fun coloring changing cups. 2019 was a great team building year.

Last year I committed myself to help with the rebuild of cornfedspartans.com and the site is currently receiving around 200 page views per month and in November alone, there were 6 contact form submissions inquiring about how to join our team. This year I'd like to grow the site's content in the articles section. I'd like to add testimonials, more recipes and add to the Play List. Along with growing this content, I will do my best to keep everything current and up to date.

I would like to present to the 2020 board a return of the 100 Mile Challenge that will run (pun intended) for the year alongside other team activities.

I'd also be interested in designing a 2021 10 Year Anniversary Calendar. I'm still toying with different ideas for this and welcome suggestions if there's interest.

I would still like to see specific positions with designated responsibilities created on the board to eliminate confusion and help create accountability. These positions would be president, vice-president, secretary and treasurer. I feel the remaining 3 positions on the board should be chairperson to a committee. Committees of team members can be formed and dissolved throughout the year depending on the project presented. These positions were discussed at the beginning of the year and were tabled to focus on team building activities for 2019. I would like to present these positions again in 2020 and discuss if it would be best to implement them immediately or adopt the positions for the following year.

If reelected, as always, I would ensure our team stays a free and welcoming family, supporting a healthy and active lifestyle, as it has from the beginning.

I continue to be impressed and humbled by the heart and soul of this team and consider it an honor to wear our jersey. I am proud of what we represent and look forward to an amazing 2020. Please feel free to send me a message or email should you have any questions or would like to discuss anything with me, I'm always available to my team. I would be very appreciative of your vote of confidence.

CLIFF CUNNINGHAM “SEXY BEAST” #getyoursexyon

Good evening Corn Fed cool kids!

A lot of you know me but some don't. I have been a member of this team/ family since early 2013. I have been a very active member since day one. Although I may have the ability to be a competitive athlete I choose to spend most of my time with the cool kids in the back. I don't like talking about myself or try to build myself up to get your votes. I could be considered the leader or organizer of the Corn Fed guardians.

As far as credentials. I am a decent athlete but I like to think my skills are working with people. I pride myself on motivating and supporting others. I happily spend most of my race weekends on the course with some of the most amazing humans, just conquering fears and doubts to keep them Oscar Mike(on the move). I would be honored to stay on the board and continue some of the things we have been working on. We have made great progress this past year working hands on and building a relationship with one of our charities “The Oscar Mike Foundation “. I would love to continue to grow that relationship. I have spent the past 4 years as one of your captains. We/I have had some ups and downs but I love this team/ family and want to continue to represent us to the best of my ability. It has been an honor serving you and if you will have me I would love to continue to do so.

My goals for 2020.

- To continue to support our own and continue to get people off the couch and on the move. We will work with other organizations to learn proper ways to ensure safety while on the course.
- To work with other organizations to support their athletes.
- To continue to keep the page and team positive, respectful and active.
- To work with the other members to organize events and get-togethers a little better.
- To work with board to keep the challenges coming for the year to come.
- To keep exploring options to work more hands on with both of our charities.

There are many other goals. Just wanted to label a few.

No matter the outcome. I am and always will be a Corn Fed Spartan, here to help however I can. Please read and try to vote based on what's good for the team not popularity. We're all here to do what we can to keep this amazing family moving forward. We are very fortunate to have a great group of captains. I am very confident that no matter what 3 board members stay for the next year we will be in good hands. It has truly been an honor to serve this past year with the other members.

JOE OROSZ JR. “SCARFACE”

To those of you that do not know me, my name is Joseph Orosz Jr. My nickname is Scarface. I joined the team in late 2012 and was one of the founding members of the board in 2014. We have made great strides as a team in that time and have become more of a family. This team means the world to me. It's members, it's meaning, and its dedication to helping others.

A little about my personal life. I have been married to my wife Diane for 20 years, and have 4 kids. 13 year old triplets, and a 16 year old. God help me. I am 45 years old and sell cars for a living.

I have been racing since 2012 and have found that I will never, and I mean never, win a race with a timing chip. But I will win a race by helping people that I know, and that I do not know accomplish goals they

never knew they had in them. My biggest reason for racing is pushing people, having fun with my family, and lastly pushing myself.

What I love about this team is that we are selfless. I was part of the leadership team in 2019 that helped donate over \$3,000 to our charities.

If elected to the board, my plan is to help raise over \$5,000 for our charities, and to help create an amazing gear line that will be able to fit the needs of the quality buyers, and the buyers on a budget.

If I am not elected to the board, I will continue to rep my Corn Fed Gear, push everyone at every race, and enjoy my team with every ounce of my being. I look forward to seeing all of you out at the races!!!!!! CORNFED!!!!!!!!!!!!!!!!!!!!

TODD TROWBRIDGE "THE TODD"

It has been an honor and a privilege to represent you as a team and get to know so many of you.

2019 has been a busy but great year, and I'd like to say Thanks to Joe, Laura & David for the great challenges this year.

Team wise: I have worked together with the other great board members to help guide the team and get us to where we need to go. Growing myself, helping other people grow and get where they want to be in their race journey and in everyday life, & growing the bonds of our team.

We have had our ups and downs, there have been struggles for sure, but together we as CFS can make a difference in the lives of those around us on a daily basis and support each other's goals, either on the course or just daily words of encouragement.

My background: I have ran off and on most of my life, running track in high school. Then continuing on after. In 2012 my son-in-law said I needed to try the race called a Warrior Dash. About a mile in I looked at my son and said "I Love This!!"

I joined Corn Fed in December of 2013 & only knew Cliff, but in March of 2014 I jumped in a van with some CFS that I had never met before, drove to Atlanta and completed my 1st Spartan race & my 1st run with Corn Fed. Needless to say I was hooked on Spartan Races & more importantly on Corn Fed.

I have met so many amazing people that have become friends and my Family.

Qualifications: I am a Territory Manager for a major welding supply company. I have been dealing with customers' needs and problems since the early 90's. Handling several million dollars in sales each year and growing my business.

I am active in my local church, I'm on the leadership team, committees, and play guitar on the Praise team.

I feel I can bring my experience to help the rest of the board lead the team in a positive direction that would be beneficial to us all as a whole. As with the Church leadership decisions, I feel that the decisions that are made in regards to the team must be made with the best interest of the team as a whole, not just

one section, group, or individual.

I have learned a lot about running, nutrition, fitness, OCR and have done my best to embrace what I have learned and to share that information with anyone that needs help on or off the course.

While I am very competitive and like to run a lap to do my best & achieve my own personal goals (push for time, place in my age group & qualify for OCRWC) I am always willing to run a second or third lap to help push someone to reach their goals and thru the course.

I have enjoyed working with the other team captains on the team direction & the various projects.

Moving into 2020 as a board member I will continue to work with the other captains to help guide and grow our team with hopes of making it better and stronger, because together we help inspire others to grow on their fitness journey. I will work together with them to help grow our team charities through our challenges and try to help keep us all involved and moving forward.

If you chose to re-elect me to the board I will do my best to represent the team in the best way possible. I will do my best to make decisions that benefit the whole team. I have been honored to serve the team and give my time to help us grow together. I look forward to serving the team again in 2020.

Either way, I am here for you if you need anything and I look forward to running with you and pushing you further than you think you can go. It's been a great year with many great memories with all of you that I've had the pleasure of running with or just hanging out with over the years.

Corn Fed!!!